

Time to make a change?

ChangePoint.

From April 2015 – our NEW countywide weight management service will support and assist adults, young people, children and families (including pregnant women) who would like to increase physical activity levels and eat a healthy, balanced diet.

Keen to lose excess weight or maintain a healthy pregnancy?

- ♥ Are you a resident in Nottinghamshire?
- ♥ Do you have a BMI over 25 (search “NHS Choices” BMI Calculator to check)?
- ♥ Is your child overweight and would you like some support and encouragement in leading a healthy lifestyle?



If you have answered ‘yes’ to any of the above questions then get in touch to find out more and see if this service is right for you.

Our specialist advisors will be able to help you lead the healthier lifestyle you desire.

Call: 0845 023 0341* or E-mail: info@everyonehealth.co.uk

*Mon-Fri 8am-6pm, 24 hour voice mail in operation outside of these times.

funded by

