

Southampton

health trainers

Solent **NHS**
NHS Trust

A healthier you?



**Eat a
healthier diet**



**Become
more active**



**Manage your
weight**



**Cut down on
alcohol**



**Deal with
stress**



**Give up
smoking**

Your Health Trainer can provide you with support to enable you to make healthier lifestyle choices.



Find us on Facebook.

Search:
Southampton Health Trainers

Call: 023 8051 5222

solenthealthyliving.nhs.uk

Health
Trainers is a
FREE and
CONFIDENTIAL
NHS service