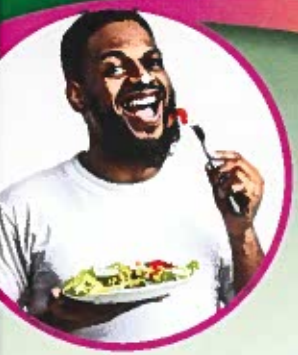
Free Support for a **Healthy Lifestyle** in **Merton**



Our Healthy Lifestyle Practitioners can help you with healthy eating, weight loss, getting more active, managing stress and reducing alcohol consumption

What we can offer you*:

You'll be assigned your own Healthy Lifestyle Practitioner who will help you to set realistic health related goals and offer support and understanding every step of the way. Make changes that could make a real impact, however big or small.

- Six 1:1 sessions spread over a period of time to suit you (weekly or monthly meetings)
- 60 minute initial assessment
- 30 minute sessions thereafter
- A choice of virtual and face to face appointments

What do I do now?

Scan me...

Tel: **0333 005 0095**

Email: **eh.merton@nhs.net**

Visit: **merton.everyonehealth.co.uk**

It's all **FREE**

*We offer support to anyone aged 18+ who lives, works or is registered at a GP in Merton

LONDON BOROUGH OF MERTON

everyonehealth

because everyone matters