



HELP WITH HEALTHIER LIVING

Did you know that there are free local services that can help you to live a healthier lifestyle? If you would like free help and support to lose weight and live a healthier lifestyle, you can contact the organisations below yourself – you don't need a referral from your GP.

Health Trainer – supports adults to make healthy lifestyle changes

Telephone – 0800 917 8896

Balance East Sussex – for patients with a BMI over 30 and who would like help and support to lose weight. This is a free 12 week programme.

Email: enquiries@rebalanceeastsex.co.uk

Website: www.rebalanceeastsex.co.uk

Telephone: 08452 160 120

One You – lots of useful tips on eating well, moving more, drinking sensibly and stopping smoking.

Website: www.nhs.co.uk/oneyou