

Improve your health, make positive lifestyle changes

Do you want to:

- improve your general wellbeing
- eat healthier food and be a healthy weight
- reduce or stop smoking
- be more active
- drink less alcohol

Are you over 18?

A dedicated health trainer can assist you every step of the way in achieving and maintaining your goals. They can also help you find other services and activities.

Call us: 0300 003 4566

Email: health.trainers@wiltshire.gov.uk

During Covid-19, we can still support you in these ways:

- 📞 By telephone
- 📱 WhatsApp video calls
- 📺 Microsoft Teams video sessions

