

## QUIT SMOKING

For current smokers aged 12+

## LOSE WEIGHT

Adults with BMI 30-50  
Children 4 years+ with BMI 91st centile



You are 4 times more likely to quit for good with our help and support!



Lifestyle changes to help you lose weight and keep it off!

**FREE**  
integrated wellbeing  
service for  
Nottinghamshire\*  
residents

## MOVE MORE

Adults 18+ who are inactive

## DRINK LESS



Helping Nottinghamshire become more active!



Non-judgemental support to reduce alcohol intake!

\* Excluding city residents

### HOW TO REFER

Online: [www.yourhealthnotts.co.uk](http://www.yourhealthnotts.co.uk)

Or call us on **0115 772 2515**

Telephone and Online Support Available



@yhywnotts



@yhywnotts



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