

Get Healthy

LEICESTER

Get Healthy Leicester provides a service that offers FREE healthy lifestyle services to anybody over the age of 18 years living in Leicester City. These services provide help & support in the following areas:

- Healthy eating
- Increasing physical activity
- Weight management
- Reducing alcohol consumption
- Quitting smoking



We are funded by the Leicester City council to provide a centralised point of access for all the **FREE** services delivered in the city. We can refer individuals to services such as weight management groups, one to one support, smoking cessation etc.

Do you want to:

- Have more energy?
- Lose weight?
- Eat more healthily?
- Be more physically active?
- Stop smoking?
- Be a fitter healthier you?



Then look no further our friendly advisors can refer you to a wide range of FREE local services.

Give us a call to find out more on: 0116 217 1881

Or visit our website at : www.gethealthyuk.com

