

QUIT SMOKING

For current smokers aged 12+



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

LOSE WEIGHT

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



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



Helping Nottinghamshire become more active!

DRINK LESS



Non-judgemental support to reduce alcohol intake!

* Excluding city residents

HOW TO REFER

Online: www.yourhealthnotts.co.uk

Or call us on **0115 772 2515**

Telephone and Online Support Available



@yhywnotts



@yhywnotts



@yhywnotts