

Would you like to feel better?

This FREE Lifestyle Service can help you to:

- ♥ Lose weight - feel better
- ♥ Be more physically active
- ♥ Improve your wellbeing


Contact ChangePoint today.



A personalised, free local lifestyle service for you.

Make the change today

 Call **0333 005 0093** or email

 changepointcambs@everyonehealth.co.uk
www.everyonehealth.co.uk

Please note exclusions apply.

*Reduced rate number, Mon-Fri, 8am - 6pm. 24 hour voicemail.

ChangePoint.

 **Cambridgeshire
County Council**

everyone
HEALTH



Healthy families, healthy lives

Join your **FREE** local healthy
lifestyle programme today

We're just a call away!

We can help
you make
a positive
change!

📞 0333 005 0093* or visit 🖥️ www.everyonehealth.co.uk
@changepointcams@everyonehealth.co.uk

Please note exclusions apply – contact us to find out how to secure your place

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HEALTH



Helping you and your child to eat better and get more active together:

- Setting goals to maintain a healthy weight
- Learning to eat well as a family
- Planning affordable, healthy meals
- Dealing with fussy eaters
- Finding the fun in physical activity
- Plus quizzes, parties and further support after the programme ends

All over the course of 12 weeks during term-time, across Cambridgeshire
Interested? Get in touch today!

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