

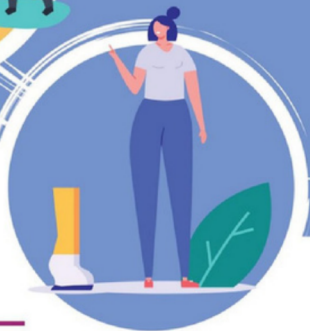


FREE

HEALTHY LIFESTYLE SUPPORT FOR DUDLEY RESIDENTS



Our FREE
community
based service
offers:



Quit Smoking Support
Weight Management Support
Free NHS Health Checks
Family Healthy Lifestyle Support
Wellness Coaching



Your journey towards a
healthier and happier life
starts here



Your Health
Dudley

yourhealth.dudley@nhs.net





Your Health Dudley

Tailored support to help you become healthier, stronger and happier.

Quit Smoking Support

You are far more likely to quit successfully with help and support from a trained advisor. Offering expert advice, support and encouragement our advisors will help you stop smoking for good. They'll also be able to provide free NRT products and advice on other medications that may help.

Weight Management Support

At Your Health Dudley, we understand that as individuals, we all have different needs. We can offer flexible nutritional and fitness support that can fit in with your daily life.

No faddy diets or strict routines here! We're all about enjoyable, realistic changes that you can sustain long term.

NHS Health Checks

As you get older, you have a higher risk of developing conditions like high blood pressure, heart disease, type 2 diabetes and dementia. A free NHS Health Check can spot early signs and help prevent these happening to you, which means you'll be more likely to enjoy life for longer. If you're aged 40 to 74, and have not been diagnosed with a medical condition, you may be eligible for a free NHS Health Check.

Family Healthy Lifestyle Service

The Family Healthy Lifestyle Service is a free and personalised support service, to meet the needs of your family. Arrange a one-to-one appointment with one of Dudley's Family Wellness Coaches, who will help you and your kids create healthier habits you can all stick to.

Talk to the Your Health Dudley team -

Call - 01384 732402

Sign Up - www.yourhealthdudley.co.uk

