

# WANT TO FEEL HEALTHIER & HAPPIER?

**Onside Lifestyle Advisors** can help you do just that

Healthy eating & weight management

Stop smoking

Reduce alcohol use

Become more physically active

Improve wellbeing



We will provide the support you need to make the **SMALL** changes in your life that can make a **BIG** difference.

Free one to one/group support for anyone **16+** to make positive lifestyle changes and help you achieve your health goals.

Our practical tips, advice and support will help you to make changes that last.

We will work closely with you to understand what works for you and help you to live a healthier life.



If you think an **Onside Lifestyle Advisor** can help you, talk to **your GP reception team** or fill in a **self-referral form on our website**

To download a referral form or for more information visit

[www.onside-advocacy.org.uk](http://www.onside-advocacy.org.uk)

# WANT TO FEEL HEALTHIER & HAPPIER?

## Staying healthy is important for everyone



Eating healthily, exercising more and managing your stress can significantly improve your mental and physical health.

Small lifestyle changes will reduce your risk of developing chronic conditions like heart disease, diabetes and cancer.

Onside's trained and experienced Lifestyle Advisors are friendly, understanding and non-judgemental.

They will listen and give you the time you need to discuss issues that are important to you.



Offer information, advice and support

Link you to people with similar goals

Connect you to activities in your community

Help you understand health messages

Support you to make changes that stick

# Lifestyle Advisors

HELPING YOU TO FEEL BETTER

☎ 01905 27525

📘 @Onsidelifestyle

🌐 [www.onside-advocacy.org.uk](http://www.onside-advocacy.org.uk)

Lifestyle  
Advisor  
Service  
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PASSIONATE ABOUT EQUALITY

Charity no: 1102022

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