

# York Health Trainers

# Feel Good



**Our skilled Health Trainers are able to offer **FREE** confidential support:**

- ✓ Reduce your alcohol intake
- ✓ Stop smoking / vaping
- ✓ Healthy eating and lifestyle advice
- ✓ Find new ways to be more active



**Scan to find out more**

**Get in touch today**

[www.york.gov.uk/HealthTrainers](http://www.york.gov.uk/HealthTrainers)

Email: [healthtrainers@york.gov.uk](mailto:healthtrainers@york.gov.uk)

Call: 01904 553377 Text: 07789 946384

