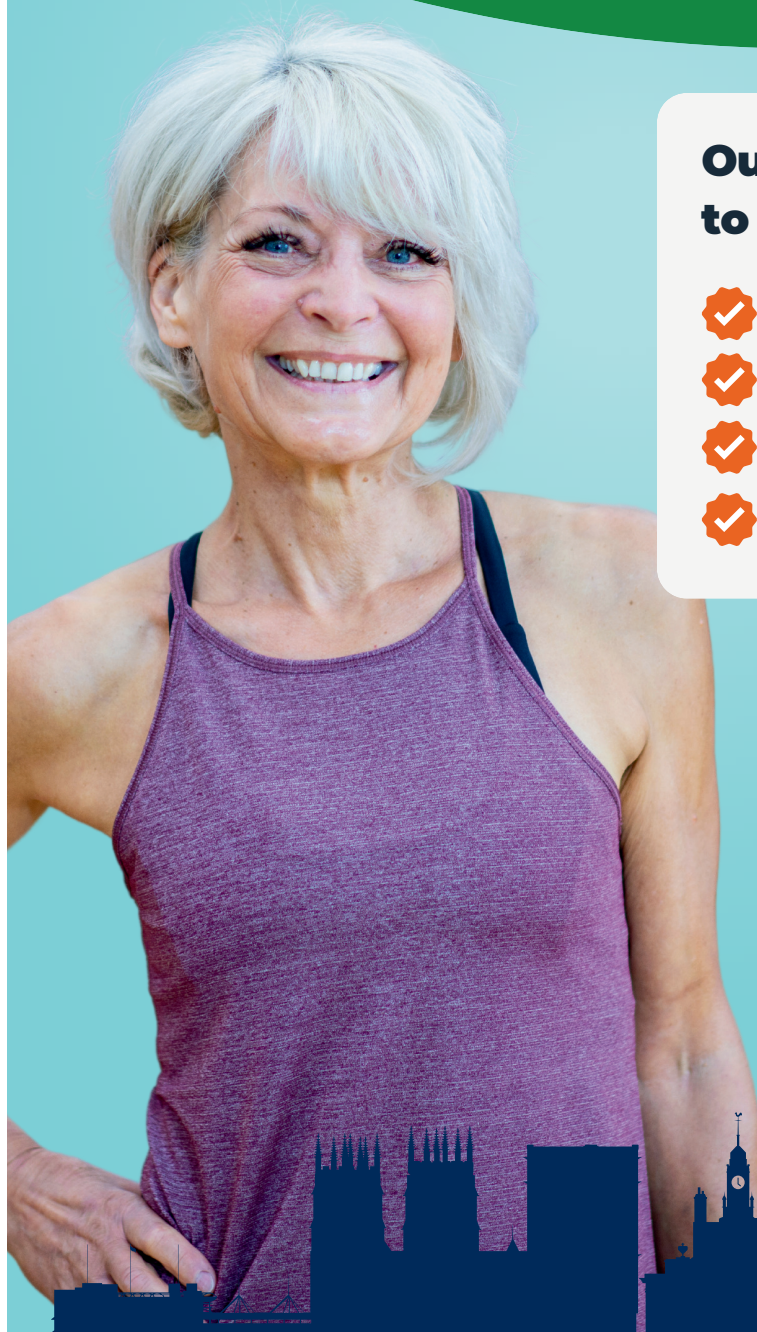


York Health Trainers

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

Email: healthtrainers@york.gov.uk

Call: 01904 553377 Text: 07789 946384

