

York Health Trainers **Feel Good**



Reduce your alcohol intake



Stop smoking / vaping



Healthy eating and lifestyle advice



Find new ways to be more active



Get in touch today

www.york.gov.uk/HealthTrainers



We work with you to help you reach your personal health goals including:

- Learn about healthy eating.
- Find new ways to be more active.
- Support to give up smoking with 10 weeks FREE Nicotine Replacement Therapy (NRT) and/or e-cigarettes.
- Help to reduce your alcohol intake and learn how this affects your health.

**Book your
FREE
appointment
today!**



Find out more

Email: healthtrainers@york.gov.uk

Call: 01904 553377 Text/WhatsApp: 07789 946384