

Getting you on track to a healthier life



A Health Trainer will work with you one to one to achieve health goals – like stopping smoking, losing weight, or getting more active.

What support will I get?

- 6 x 1:1 sessions spread over a period of time to suit you. You could meet weekly or monthly.
- 60 minute initial assessment
- 30 minute sessions thereafter

Who can get help?

- Anyone aged 16+ who lives or works in Southend
 - Or is registered with a GP in Southend CCG



What do I do now?

Visit: southend.everyonehealth.co.uk

Email: eh.southend@nhs.net

Tel: **0333 005 0095**

It's all
FREE!