

Free healthy lifestyle support for your family



Arrange a free one-to-one appointment with a
Dudley Family Wellness Coach, who will help you and your kids
create healthier diet and physical activity habits you can all stick to

For further information, scan the QR code below

To make an appointment with the Family Healthy Lifestyle Service contact
yourhealth.dudley@nhs.net or call **01384 732402**

You can also check out the Let's Get Dudley Healthy website **www.lets-get.com**
where you will find lots of information and tips on how to make lifestyle changes
for the whole family

