



Do you want to make lifestyle changes to improve your health?

We can help you and your family with:

- **Diet & weight loss** (local weigh in & advice sessions)
- **Physical activity** (helping residents to attend sessions & putting on new activities)
- **Individual lifestyle support** (1-2-1 help setting goals & making changes)
- **Improving mental wellbeing** (helping people feel better about themselves)
- **Stop smoking** (drop ins, 1-2-1's or phone support)

The Hattersley Team



**Carlos**  
Local Manager



**Emily**  
Smoking Support



**Sarah**  
Health Trainer

Pop in to see us at the Partnership office  
(10 -13 Kingston Arcade), OR call 0161 368 2096



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