

Need Help

Improving your Health?

Health Trainer Programme

(Formerly Connect 4 Life)

NHS

Tameside and Glossop
the local leader of your NHS

Tameside
Metropolitan Borough
Great lives, excellent services

Book an appointment to
improve your health call:

0845 053 3302



Health Trainers work on a one to one basis supporting you to improve your health and wellbeing by making positive changes to your lifestyle.

Helping you to:

Eat more healthily

Increase your physical activity

Stop smoking

Reduce alcohol intake

Reduce stress levels

Improve your overall health and wellbeing

This service is free for people aged 18 and over who live in Tameside and Glossop.

Meet a Health Trainer in your area to discuss how you can improve your health.

To book call:

0845 053 3302

Appointments available evenings and weekends.

or for more information call the Health Improvement Team on **0161 366 2000**

