# Ready to make a change?

## Are you looking to make a change towards a healthy lifestyle?

### Our Health Improvement Practitioners are here to offer one-to-one support

We offer a wide range of healthy lifestyle support, so if you want to stop smoking, improve your wellbeing, get more active, eat more healthily or better manage your Type 2 diabetes then we'd love to hear from you

Healthworks
the community health charity

# What support do we offer?

## Action On Diabetes

Providing a better understanding of Type 2 Diabetes and how best to manage it through looking at diet and setting realistic goals.

## Eating Well

Providing education around a healthy balanced diet, looking at barriers and how to overcome these.

## Getting Active

Providing support and motivation to increase physical activity by addressing barriers and help find solutions to overcome these.

## Path To Wellbeing

Providing information and tools to improve wellbeing by supporting you to identify barriers and to help overcome these.

## Stop Smoking Service

Providing support, information and treatment options to help you stop smoking for good.

# How do I find out more?

Call us: 0191 272 4244

Visit: www.healthworksnewcastle.org.uk