

# King's Lynn Health Trainer Service

## Are you ready for change?

### Do you want to

- Do more exercise?
- Make healthy food choices?
- Stop smoking?
- Drink less alcohol?
- Improve your general health and wellbeing?

### Are you over 16 and living in one of these areas?

- Central Town
- Fairstead
- Gaywood
- North Lynn
- South Lynn

**Then our free and confidential service is for you,  
we offer 1 to 1 support and can meet you at a time and  
place that suits you.**

### Contact us

If you think seeing a Health Trainer could help you  
to live a healthier lifestyle, contact the service on:

**01553 782629**

#### **Vicky Mitchell**

Health Trainer Co-ordinator

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