

Norwich Health Trainer Service

What is the Norwich Health Trainer Service?

Health Trainers provide motivation, encouragement and bespoke support to people who want to make changes in their behaviour. They enable people to identify specific behaviours they want to change, set achievable goals and find other agencies that can help. Health Trainers work with people who wish to make healthy lifestyle changes and need a little extra help and support in order to make it happen.

Do you want to

- Enhance your general health and wellbeing?
- Become more active?
- Make healthier food choices?
- Become smoke free?
- Improve your sexual health?

If you want to achieve one or more of these goals then the **free** and **confidential** Norwich Health Trainer Service may be for you.

Telephone:

01603 625093

Email:

norwichhealthtrainerservice@norfolk.nhs.uk

