adur & worthing wellbeing

Small Changes make a BIG Difference

- **Stop smoking service**
- **Reduce alcohol consumption**
- **Increase physical activity**
- **Improve emotional wellbeing**
- **Healthy eating, hydration**
- **Free NHS Health Checks**
- **Maintaining a healthy weight**
- **Free Wellbeing MOT (including visceral fat levels, body fat, muscle mass)**
- **Pre-Diabetes**

Contact us now for FREE, friendly advice and support

Email: info.wellbeing@adur-worthing.gov.uk

Visit: www.adur-worthingwellbeing.org.uk

Call: 01903 221450

west sussex county council

ADUR & WORTHING COUNCILS