

Thinking about making a change?



Do you want to lead a healthier life, but don't know where to start?

Health Trainers could be just what you need. We offer a free and confidential service, with one-to-one support, guidance and helpful information that can help you achieve your goals.

If you're ready to take a positive step, pick up a leaflet, or call your **Brighton & Hove Health Trainer** on:

01273 296877

or email healthtrainers@brighton-hove.gov.uk

We're ready when you are

