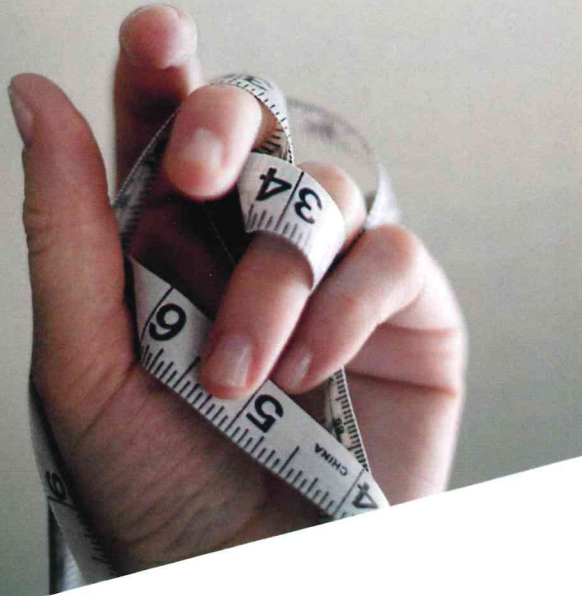


HOW WE CAN HELP



We will provide one-to-one support to help you:

- Identify your goals
- Achieve your goals
- Make positive changes to your lifestyle

Healthy eating and weight management

- Where to access support locally
- Support with managing a healthy diet
- Help to understand how to eat well

Improve wellbeing

- Help you to reduce anxiety and stress levels
- Explore techniques to relax
- Discover new hobbies you might enjoy

Stop smoking

- Explore barriers to quitting
- Help finding the right options to helping you to quit
- Guidance to taking the right steps to help you give up for good

Become more physically active

- How can i get more active at home?
- Support to access affordable exercise
- Explore ways to improve your mental health

Reduce alcohol intake

- Understanding and managing alcohol intake and the health benefits in cutting down
- Provide tips for cutting down



ABOUT US



We aim to ensure our service:

- is friendly and non-judgmental
- gives you the time you need
- focuses on the topics which are important to you
- provides advice and support



Name of adviser:

Appointment date:

Please let us know if you can't keep an appointment.

Tel:
01684 563611

Email:
enquiries.malvern@citizensadvice.org.uk

Lifestyle
Advisor
Service 
WORCESTERSHIRE



**WANT TO FEEL
HEALTHIER &
HAPPIER?**

CITIZENS ADVICE LIFESTYLE ADVISORS CAN HELP YOU DO JUST THAT

Healthy eating & weight management
Help to stop smoking
Reduce alcohol use
Become more physically active
Improve wellbeing

**citizens
advice**

**South
Worcestershire**

Citizens Advice provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

It values diversity, promotes equality and challenges discrimination.

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