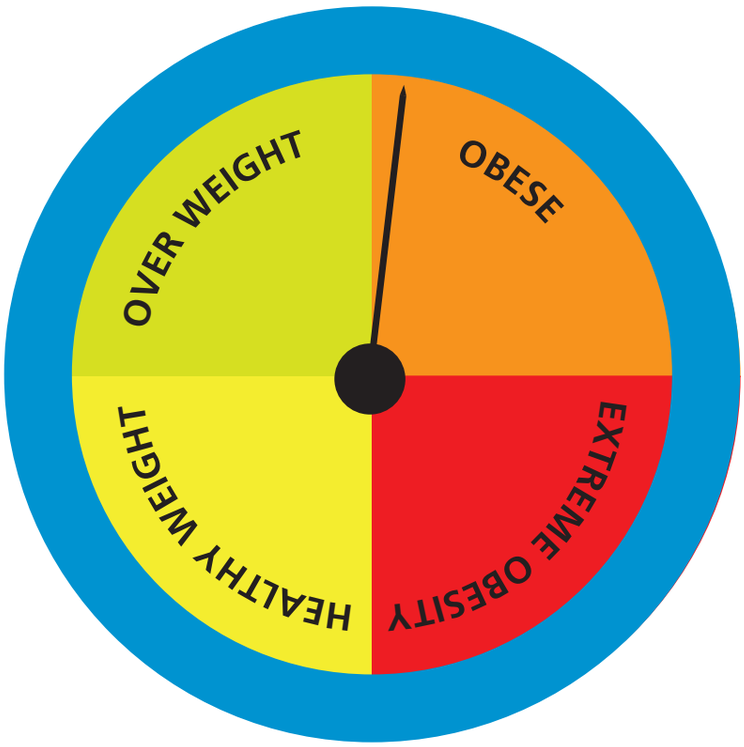
NEW MECC POSTERS 4 (no lanyard) 9/10/12 17:40 Page 3

NHS

It's OK



to ask us about maintaining a healthy weight

It doesn't matter what your appointment is about, if you want to talk about your lifestyle, ask.

We're ready when you are

Campaign developed by NHS Midlands and East