

You've asked for help.
Visit www.nhs.uk or
make that change by:



ACTION

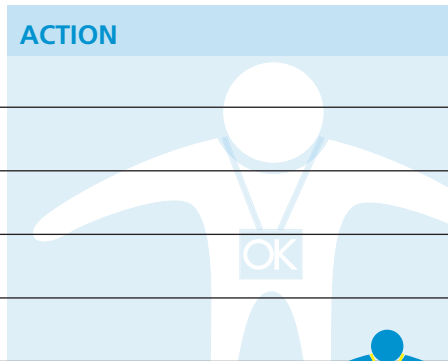
STOPPING SMOKING?

REDUCING ALCOHOL INTAKE?

BEING ACTIVE?

EATING WELL?

OTHER LIFESTYLE ASPECT...



Campaign developed by NHS Midlands and East

**Make Every
Contact Count**

*This is a
lanyard*

