CHANGE FOR HEALTH



CONGLETON & HOLMES CHAPEL

Free & subsidised support with exercise and lifestyle programmes for 3-months

We are offering a personalised plan involving support in the areas of health and lifestyle that you feel you need support with. Plus an optional peer support group.

Eligibility:

- Adult 18 +
- **BMI 25 +**
- Registered at Congleton or Holmes Chapel GP **Practice**



HOW TO JOIN:

Contact Everybody Health & Leisure, quoting 'Change for Health', for your initial assessment and referral to your chosen plan.

01270 685589



ebhealthy@everybody.org.uk













with Everybody Health and Leisure and you GP Practice. Your data will be stored on a secure information technology system in an appropriate