

Redditch Lifestyle Advisor Service

Making small changes to your lifestyle for positive impacts on your health & wellbeing

We can support with:

- Healthy eating
- Keeping active
- Mental wellbeing
- Stopping smoking
- Reducing alcohol consumption

We understand making a change is not always easy so our Lifestyle Advisors are here to listen, support and motivate you to make those changes and help you to achieve your own personal goals.

To find out more click the link below

[https://www.carersworcs.org.uk/
lifestyle-advisor-service](https://www.carersworcs.org.uk/lifestyle-advisor-service)