

MILTON KEYNES LIFESTYLE GUIDES SERVICE



HOW CAN A LIFESTYLE GUIDE HELP YOU?

Meeting with a Lifestyle Guide will help you to make changes to your life that will improve your health and wellbeing.

The main topic areas include:

- Stopping Smoking**
- Alcohol Awareness**
- Healthy Eating**
- Physical Activity**
- Sexual Health**

THE LIFESTYLE GUIDE SERVICE

This is a **FREE** service to support individuals to make better informed lifestyle choices.

If you are over 16 years old we can help you to achieve your goals by:

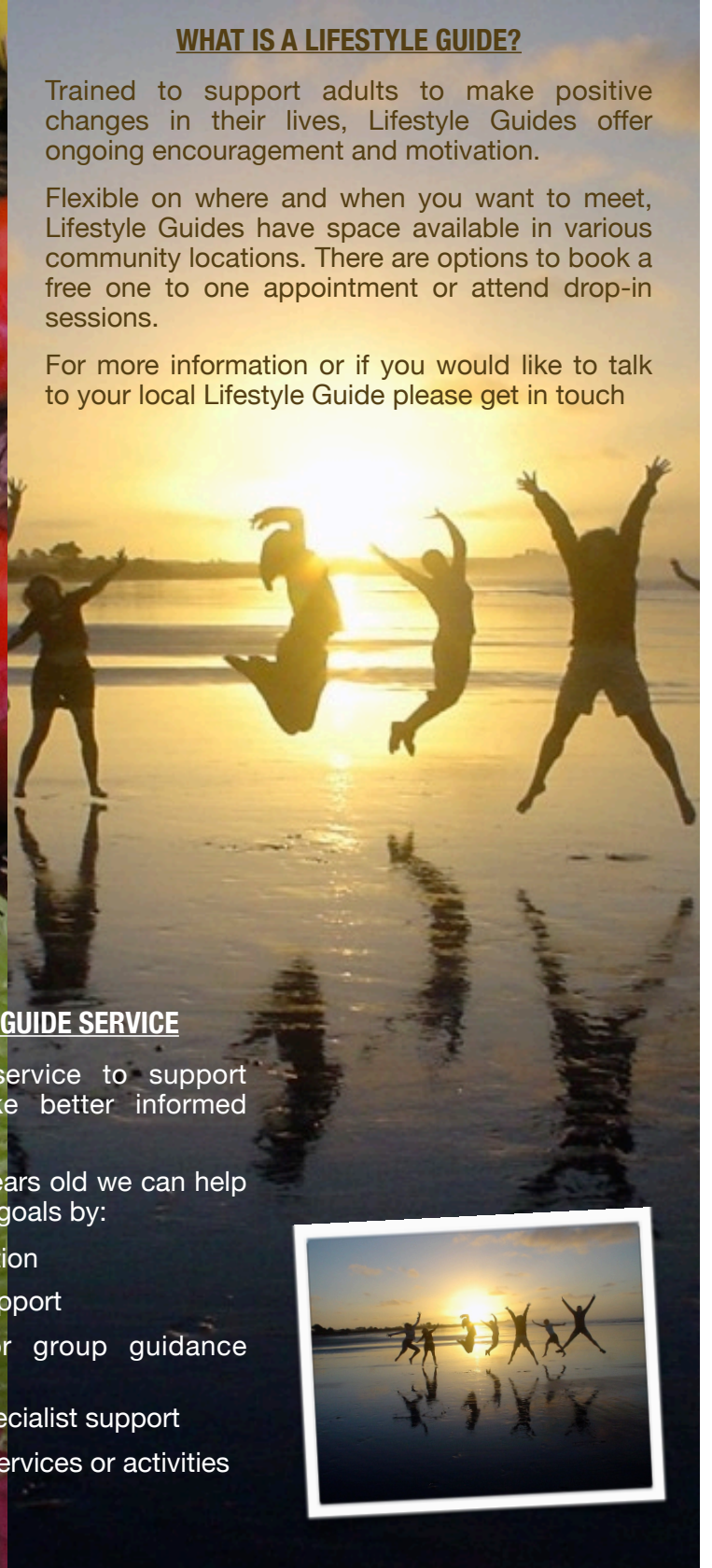
- ✓ Providing information
- ✓ Motivation and support
- ✓ One to One or group guidance sessions
- ✓ Signposting to specialist support
- ✓ Accessing other services or activities

WHAT IS A LIFESTYLE GUIDE?

Trained to support adults to make positive changes in their lives, Lifestyle Guides offer ongoing encouragement and motivation.

Flexible on where and when you want to meet, Lifestyle Guides have space available in various community locations. There are options to book a free one to one appointment or attend drop-in sessions.

For more information or if you would like to talk to your local Lifestyle Guide please get in touch





Milton Keynes

Lifestyle Guides

TO FIND OUT MORE PLEASE CALL OR TEXT:

Kelly
Bradville
07500 791220

Jon
Fishermead and Fullers Slade
07500 791221

Pascaline
Fishermead and Fullers Slade
07500 791230

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Tinkers Bridge and Coffee Hall
07500 791222

Fatemeh
Beanhill and Coffee Hall
07500 791223

Kate
Wolverton
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Greenleys
07500 791229

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Central Bletchley and Fenny Stratford
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