

FREE  
SERVICE

# HELPING local people live HEALTHIER lives

Whether you want to lose weight or stop smoking, you don't have to do it alone. OneLife run plenty of **\*FREE PROGRAMMES\*** for Suffolk residents to help create healthier, happier futures.

Find out more:

01473 718193

[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

**One  
Life  
Suffolk**

health  
checks

Active  
wellbeing

LOSE  
WEIGHT  
For Adults & Children

STOP  
Smoking

Health  
WALKS

# Want to LOSE WEIGHT for FREE?

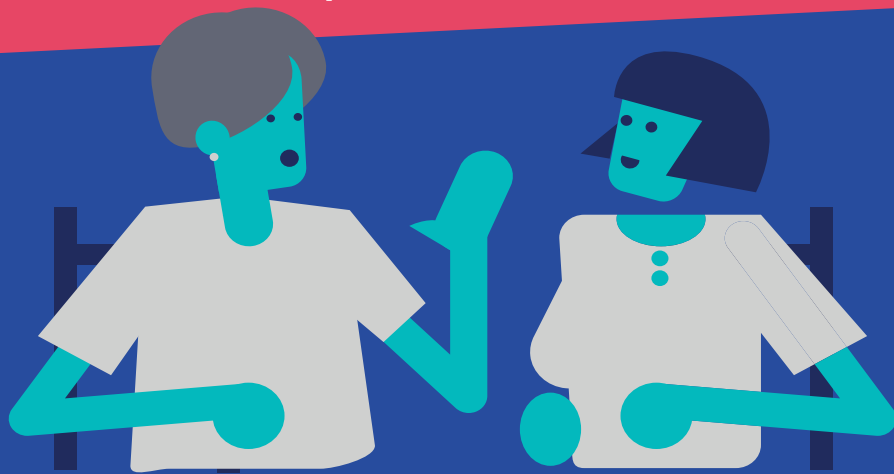


We all know that being overweight isn't good for us, but did you know that reducing your body weight by just 5-10% significantly reduces your risk of developing certain health problems?

If you're aged **16 or over** and looking to reduce your weight, **CALL US NOW** to find out what we can offer!

**01473 718193**

All of our programmes are delivered by a qualified weight management practitioner and offer you support to lose weight and change behaviours for up to **12 months**, all for **FREE!**



# WANT TO GET FIT FOR FREE?

NO SWEAT



Join our  
**#TeenLife clubs**



## Book now!

This **10 week** programme is for young people aged **12-18** who struggle with their weight and want to get fit and healthy. The course includes free physical activity sessions together with nutrition advice from our experts.

**Call: 01473 718193**

**Email: [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)**

**Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

## HEALTHY

families



## HAPPY

families

Join our

**FamilyLife clubs**



## Book now!

This **10 week** programme is for families with children aged **4-11** who want to achieve a healthy weight. The clubs are designed by our experts to give parents support and advice on healthy living, whilst the children get a fun, free physical activity session. The children will also receive a free water bottle and goodie bag!

# Want to **STOP SMOKING?**

With help from the OneLife Suffolk Stop Smoking Service you're up to **4 times** more likely to quit than if you go it alone!

**TO BOOK AN APPOINTMENT CALL:  
01473 718193**

Our **FREE 12 week** programme offers one to one clinic support which is available to anyone wanting to stop smoking. We can provide you with advice, support and encouragement to help you with your quit, using nicotine replacement products or medication (which is all completely **FREE!**)

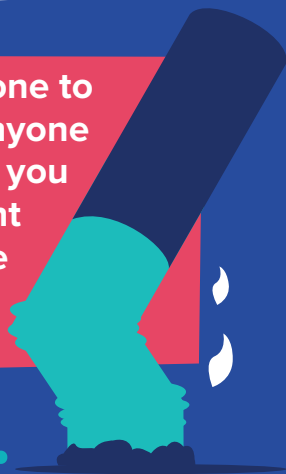
**If you quit smoking today...**

Based on smoking 10 cigarettes a day, a smoker will save...

**One week: £33**

**One month: £141**

**One year: £1,715**



# Improve your health and wellbeing!



We offer bespoke one to one support to help inactive adults with long term health conditions\* become more physically active

Our **FREE** active wellbeing programme offers up to **12 months** of tailored support to improve your general wellbeing and enhance your quality of life



If you're aged 16 and over and suffer from a long term condition **CALL US NOW** to find out how we can help you!

**01473 718193**

## **\*Eligible health conditions**

- Cardiovascular disease
- Type 2 diabetes
- Cancer or have been treated for cancer

Note: suitable for patients following exit from rehabilitation services

# Have you had your NHS HEALTH CHECK?

If you're aged between **40-74\*** OneLife Suffolk can offer you a **FREE NHS Health Check** to assess your general health and your risk of cardiovascular disease.

NHS Health Checks are a bit like a mid-life MOT. They assess your risks of developing potential problems and highlight health concerns before they impact on your quality of life.

The team can offer health checks at your workplace or community group



Call our friendly team  
to book a session!

**01473 718193**

**\*Access Criteria:**

- 40 - 74 years old
- Not had an NHS Health Check in the last 5 years
- Resident in Suffolk, Norfolk or Essex
- No current diagnosis for heart disease, high blood pressure, high cholesterol, diabetes, stroke, kidney disease or vascular dementia

# Stepping out in Suffolk for a Health Walk!



Stepping Out in Suffolk provide a variety of **FREE Health Walks** for all ages and abilities, and there's no need to book!



With over **200 walks** available there's bound to be one that takes your fancy!

**To find a walk:**

**Call: 01473 718193**

**Visit: [www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)**

## TRAINING FOR PROFESSIONALS

We offer a variety of support to enable professionals to reinforce the skills that are needed for a successful lifestyle intervention, offering onsite **Making Every Contact Count (MECC)** workplace training sessions.



**To book a session, or for more information:**

**Call: 01473 718193**

**Email: [mecc@onelifesuffolk.co.uk](mailto:mecc@onelifesuffolk.co.uk)**

' L O S E '  
WEIGHT

*Adults & Children*

**STOP**  
*Smoking*

**Active**  
wellbeing

♥ *health* ♥  
**checks**

**Health**  
-WALKS-

TRAINING  
*And more...*

**One**  
**Life**  
Suffolk  
**CLUB**

You only have **One Life**, so why wait?

Call us on 01473 718193 to find out more  
or email [info@onelifesuffolk.co.uk](mailto:info@onelifesuffolk.co.uk)  
[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

 OneLifeSuffolk

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