

Are you ready  
for a healthier future?

Even small changes will help you achieve your healthy lifestyle goals.

Live Well Stay Well offers support to help you find the right service that **works for you**; we have already helped thousands of people in Buckinghamshire.

You can get help with:



Stopping smoking



Managing your type 2 diabetes



Losing weight & healthy eating



Feeling stressed, worried or low



Getting more active



Reducing alcohol

Find out more:

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

Or Call: 01628 857311



Get in touch and register:

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If you are a Buckinghamshire resident or registered with a Buckinghamshire GP, you can access a range of support solutions, including:

Online self-assessment and goal setting tools

Face to face support - 1:1 and group sessions available

Speak to our experienced Live Well Stay Well coaches  
Mon-Fri 8am-8pm  
and Sat 9am-4pm

Telephone and online support

Digital support is available 24 hours a day, 7 days a week via our website

   
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