

Concerned about
your drinking?



Reduce health risks by
drinking sensibly

HELPING
YOURSELF
to a Healthier You

Drink without putting your health at risk

Being aware of safe sensible levels



The Lifestyle Service staff are trained to help you make a positive difference to your health.

We can support you, or someone you know: -

- To drink safely and sensibly
- Help reduce the harm alcohol can cause to health
- Offer practical support and advice around alcohol
- Encourage to make small but significant changes to the way you live your life.

We will meet with you on a one-to-one basis at a time and venue to suit you. This is a free and confidential service to anyone who lives, works or studies in the borough of Bury, or is registered with a Bury GP.



Follow us  @LifestyleBury  LifestyleService

If you are ready to make changes to improve your health and lifestyle we can help.

Call the Lifestyle Service on:

0161 253 7554

Email: LifestyleService@bury.gov.uk