

Healthy Eating



Are you eating and drinking healthily?

Are you ready to eat more healthily?

The Lifestyle Service can help!

It is important to eat a good diet – no matter how old you are; now is a good time to make positive changes.



Why?

Eating a well balanced diet can reduce your risk of ill health.

Our tips and guidance will keep you on track. The Lifestyle Service will make healthy eating easier by supporting you to: -

- Review what you are eating now
- Plan **your** changes so they fit in with **your** lifestyle
- Encourage and motivate you to achieve your goals



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