

Want to change
your lifestyle?



Supporting you to improve
your lifestyle

HELPING
YOURSELF
to a Healthier You

Lifestyle Service

Providing you with personalised support to help you: -



- Eat healthier and manage your weight
- Improve your sleep
- Drink sensibly
- Become smoke free
- Self manage your medical condition
- Improve your overall health and wellbeing.

We can offer you confidential support that will help you make healthier lifestyle choices by: -

- Listening to you
- Supporting you to change your lifestyle
- Encourage and motivate you
- Help you set goals and make plans
- Suggest ways to overcome barriers to making improvements
- Accompany you on your journey to become a healthier you.

Where can you find us?

The Lifestyle Service operates from a variety of venues across Bury, including community centres, children's centres and GP surgeries.

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