



HOUNSLOW HEALTHY WORKFORCE

*Free health checks and advice at your
workplace - get in touch today to book
yours!*



***Find out
more***



**London Borough
of Hounslow**

Why you should book with Hounslow Healthy Workforce

The Council's Healthy Workforce programme is aimed at supporting the local workforce to take more control of their own health.

One third of our day is spent in the workplace, so if we can engage with the workforce about their health while at work, we can connect with some people who may not seek help elsewhere.

It is good practice for local health promotion and protection programmes to be taken to the workplace.

We offer **free** confidential support in your workplace, covering: NHS health checks, mental health, physical activity, smoking cessation, diabetes awareness and support, healthy weight, cancer screening awareness, addiction support and information.

Health checks are subject to eligibility, for more info see: www.nhs.uk/conditions/nhs-health-check/what-is-an-nhs-health-check.

To discuss how we can bring this to your workplace, contact: **Liza Ctori, Public Health Officer, Healthy Workplace, at Elizabeth.Ctori@hounslow.gov.uk.**



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