

# Helping you help yourself



## ...in Staffordshire

If you reside in Staffordshire we can help you make changes to your lifestyle. We offer a range of services delivered by experienced specialist practitioners who will support you to make simple changes and set achievable goals to help you improve your long-term health and wellbeing.

### Everyone Health can help you...

- Eat well, lose weight
- Get active, move more
- Reduce loneliness and isolation
- Reduce your risk of falls (Over 50's)
- Quit smoking for good (Over 40's)
- Receive your NHS Health Check\*
- Provide workplace wellbeing



### Who can join?

Our services are FREE to those living in Staffordshire.

Service restrictions apply, please call our contact centre on 0333 005 0095.  
Or check out our website at [staffordshire.everyonehealth.co.uk](http://staffordshire.everyonehealth.co.uk) to find out more.

NHS Health Checks \*Standard national criteria applies.

Visit: [staffordshire.everyonehealth.co.uk](http://staffordshire.everyonehealth.co.uk)

Email: [eh.staffs@nhs.net](mailto:eh.staffs@nhs.net)

Tel: 0333 005 0095

It's all  
FREE!