



Ready when you are...

... to change your life.

Do you want to make changes in your life? Don't Go It Alone!

We are Health Trainers and can work with you to find ways of leading a more healthy and happy life.

We are local people who have the time to spend with you, listen and provide a friendly, confidential service that is **FREE**. We even speak a number of languages and can sign.

Contact with a Health Trainer could be just the thing you need to get started.

We are based in Ashford, Canterbury, Dover, Shepway, Swale and Thanet.

If you are ready to make changes big or small, or if you would like to know more about the service then please contact us on **FREEPHONE***

0800 849 4000

* calls made from a mobile phone may be charged

