

WESTMINSTER, READY FOR A NEW **YOU**?

**EAT WELL. MOVE MORE.
LOSE WEIGHT. BE SMOKEFREE.
DRINK LESS.**

We can help you get back to a healthier you and support you to make simple changes towards a longer and happier life.

Tel: **020 3434 2500**

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  @oywestminster

ONE YOU
WESTMINSTER

Easily Sign-up
by scanning the
QR code below

