

HEALTH TRAINER CLINIC FREE FACE TO FACE SUPPORT



Supporting you to improve your health and wellbeing

Are you tired of going around in circles, yo-yo dieting or quitting smoking then starting again? We know it's not easy to make changes to your lifestyle but FREE 1-1 support sessions with one of our Health Trainers can be the first step to a healthier you.

When: Wednesdays from 1-5

Where: The CoLab Exeter, Wat Tyler House, 3 King William St, Exeter, EX4 6PD.

To book your appointment:

Visit our website:

<https://onesmallstep.org.uk/contact/>
or call 01392 908 139

Professionals can refer clients via our website:

<https://onesmallstep.org.uk/professionals-2/professional-referral-form/>

- **Quit smoking**
- **Drink less**
- **Move more**
- **Weight management**

FREE 1-1 sessions to improve your health and achieve your goals