

**BUS  
LOCATIONS  
ALL OVER  
THE CITY**

**Southampton  
Healthy Living**

# Get healthier in 2018!

If you are a Southampton resident, 16+ year old, come along to Claudia's Bus and find out how to get your free health improvement support from local Southampton Healthy Living practitioners.

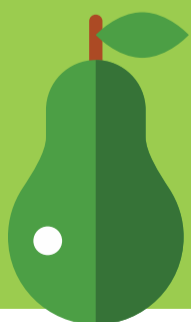


For more information about our work visit  
You Tube Channel via  
[www.wemakesouthampton.co.uk](http://www.wemakesouthampton.co.uk)

- **Stop smoking**  
- *Nicotine Replacement Therapy on prescription*
- **Lose weight**  
- *12 week Weight Watchers FREE vouchers*
- **Get active**  
- *free 7 day Active Nation pass to their local gyms*
- **Reduce alcohol intake**
- **Free mini health check for over 30s**

## Improve your health now!

Call Claudia Murg on **07387 088 785**  
to make your appointment



Southampton Healthy Living is a 3-year project funded by Public Health Southampton, delivered in partnership by:

