

# Swindon Health Ambassadors

## Your health, your choice



**Do you want to improve your health  
but not sure how to go about it?**

### **A Health Ambassador could be the answer**

**Health Ambassadors are local people who have been trained to have the skills to help you make a real difference to your health**

**The Swindon Health Ambassador Service can help you with:**

- healthy eating and working towards a healthy weight
- becoming more physically active
- stopping smoking
- sensible drinking
- improving your sexual health
- reducing stress

**And it's free**

For information contact

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