



Start your **FREE** journey to better health today...



Stop Smoking



Healthy Weight



Increase Activity



Reduce Alcohol



FREE support programmes
HLSWarwickshire.org  
0800 1223 927

Access to our support is FREE



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Smoking



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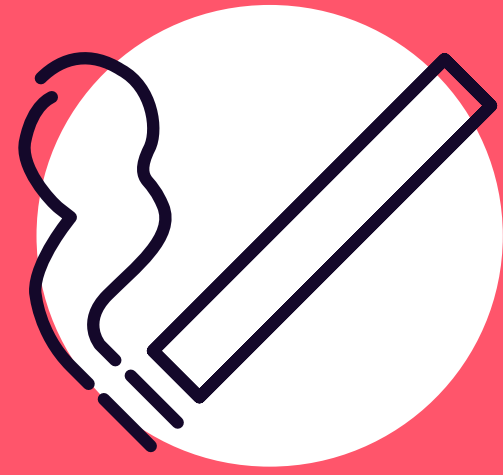


FREE support programmes

f @ HLSWarwickshire.org

0800 1223 927





Stop Smoking Service

Those who join our **FREE** 12-week programme are **3x more likely to succeed**, with expert support every step of the way.

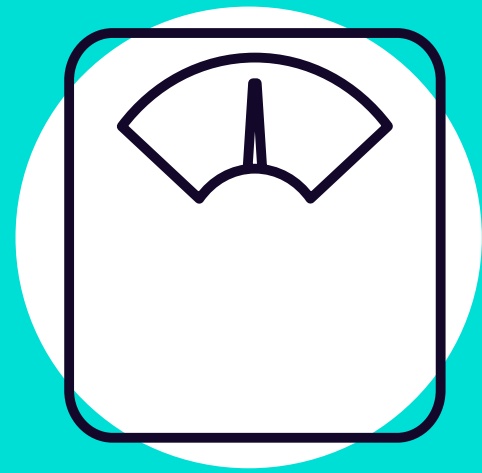


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Healthy Weight Service

FREE support, tips and tools for those looking to lose weight, build food confidence and maintain a healthy lifestyle.



FREE support programmes

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0800 1223 927





Get More Active Service

FREE expert support for those ready to move more, get active and fit exercise into their daily routine.



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Reducing Alcohol Service

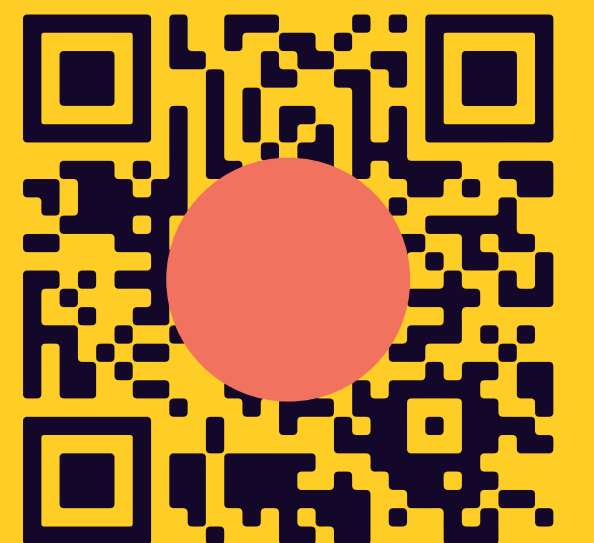
We'll support you every step of the way when you join our FREE 12 week programme which makes you **3x more likely to succeed!**



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What would you do with

£455

every month?*



**Get FREE help to
stop smoking & save**



www.HLSWarwickshire.org

*Based on quitting smoking 20 cigarettes a day at a cost of £15 per pack.

