Introducing our Lifestyle Advisor Service 

Do you need a helping hand to improve your health and wellbeing?

Are you looking to introduce positive lifestyle changes such as

* Eating more healthily
* Losing weight
* Giving up smoking
* Drinking less alcohol
* Becoming more active
* Reducing the risks from a long term health condition?

Our trained Lifestyle Advisors will give you the motivational support you need to make small changes to your life, making a big difference to how you feel.

One to one support and group sessions are available for any patient aged 16 and over – all free of charge.

No GP appointment is necessary. You can simply refer yourself to the Lifestyle Advisor by filling in an online form or asking our Reception Team to complete the form for you.

For more information about how the Lifestyle Advisor can help you and for details on how to refer yourself for lifestyle support, please click the attached link …. *[attach flyer]*

*(The Lifestyle Advisor Service is provided by the Pershore and Upton Network of GP Practices, working in partnership with Onside Advocacy)*