

# The Healthy Staffordshire Hub



**The Healthy Staffordshire Hub** is here to provide information, advice and guidance on how to lead a healthier lifestyle.

## **Thinking of Making a Change?**

It all starts with you! If you've been thinking about making changes to your lifestyle, such as stopping smoking, achieving a healthy weight, eating healthily, drinking a little less alcohol or doing more activity, The Healthy Staffordshire Hub is here to provide you with the guidance that you need.

So, whatever lifestyle changes you are planning to make, getting some support from the Hub could be just the thing to get you started.

Call **0300 111 8006** to speak to an advisor over the telephone or email [wellbeing.services@staffordshire.gov.uk](mailto:wellbeing.services@staffordshire.gov.uk) to request a call.