

Community and Mental Health Services

LET'S GET HEALTHY

Our Healthy Knowsley Service can help you make small steps to a healthier you.

Visit healthyknowsley.co.uk to find out how or telephone 0800 0731 202

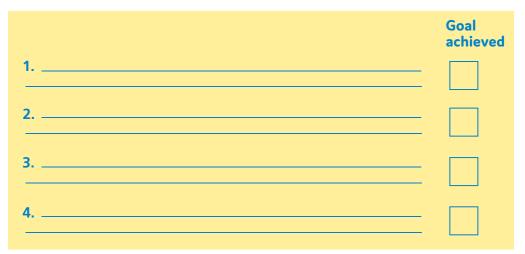
@healthyknowsleyHealthyKnowsley





Setting goals is important!

It helps us to focus on the lifestyle changes we want to make and keeps us motivated. Why not set yourself a few small lifestyle goals below or call us for support and advice to help you achieve your goals?



For more information call us on **0800 0731 202**