



Healthy  
KNOWSLEY



Mersey Care  
NHS Foundation Trust

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](http://healthyknowsley.co.uk) to find out how  
or telephone 0800 0731 202

 @healthyknowsley

 HealthyKnowsley



Knowsley Council

# 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?

	Goal achieved
1. _____ _____	<input type="checkbox"/>
2. _____ _____	<input type="checkbox"/>
3. _____ _____	<input type="checkbox"/>
4. _____ _____	<input type="checkbox"/>

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