

# EAT WELL

What you eat, and how much, is so important for your health and your waistline. Choosing healthier foods is easier than you might think.

We run regular 12 week programmes to help you eat well and lose weight.

Visit the website or contact The Wellbeing Team for full details.

TEL: 01752 437177

EMAIL: [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

WEB: [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

**ONE YOU PLYMOUTH**

**Livewell**  
Southwest