

Do you want to make a change?

Contact ChangePoint today to start your weight loss journey.

ChangePoint can help you to:

- ♥ *Make a lifestyle change ✓*
- ♥ *Feel better ✓*
- ♥ *Improve your health ✓*
- ♥ *Lose weight ✓*



A personalised, free, local weight management service for you.

Make the change today

 Call **03330 05 0092** or email

 changepointnotts@everyonehealth.co.uk

Please note exclusions apply.

*Reduced rate number, Mon-Fri, 8am – 6pm. 24 hour voicemail.

ChangePoint.



**Nottinghamshire
County Council**

**everyone
HEALTH**