

Do you want to **IMPROVE** your health? Do you want to **CHANGE** your lifestyle?

Not sure where to start?...

...If you want to lose weight / give up smoking / exercise more / manage your stress or make any other lifestyle related change, we can help. **FREE** to Islington residents



Our professional Health Trainers can help you change your lifestyle. They will work with you on a one-to-one basis to help you identify the areas that need work and support you to make changes at your own pace.

They will also provide advice and sign post you to other relevant services.
Our health trainers are friendly and experienced

Islington Health Trainers

Call us now for more information or an appointment:

020 7561 5291