

The Healthy Marketplace

Information

Support

Signposting

@Cirencester Hospital

Ian Preston,
from Healthy Lifestyles Gloucestershire
is giving a talk on
‘Keeping Well’

at 2pm on

Tuesday, 13 March 2018

in the Healthy Marketplace
at Cirencester Hospital

(First floor, lift access available)

This talk will explore:

- Stopping Smoking
- Achieving and maintaining a healthy weight
 - Increasing physical activity
 - Reducing alcohol consumption

To reserve a place for this talk please call
Louise Norman at Cirencester Hospital on
0300 421 6252