



HEALTH &  
WELLBEING  
SLOUGH

## HEALTHIER, HAPPIER YOU

Health and Wellbeing Slough provides integrated health services to all Slough residents. The service can help you with:

- ✓ NHS Health Checks
- ✓ Child and Adult Weight Management
- ✓ Stop Smoking
- ✓ Falls Prevention
- ✓ Keeping Active
- ✓ Advice on Alcohol Intake
- ✓ Emotional Wellbeing
- ✓ Advice on Oral Health



[www.healthandwellbeingslough.co.uk](http://www.healthandwellbeingslough.co.uk)



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@HealthWellbeingSlough



@HW\_Slough



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## We offer integrated health services to all Slough residents:



### Falls Prevention

Receive a **personalised plan** to assess and reduce your risk of having a fall.



### Oral Health Advice



### Children and Adult Weight Management

A free programme designed to support you to achieve your weight loss.



### Keeping Active



### NHS Health Checks

Free 20 minute check up to help lower your risk of heart disease, stroke, diabetes and kidney disease.



### Alcohol Intake Advice



### Emotional Wellbeing



### Stop Smoking

Face to face, online, telephone support available to help you be smokefree.

No matter your age or background, we are committed to working together to create a healthier, happier you, empowering you to live the best possible life.

Our friendly and experienced staff work with you to find the best route to improving your health and will support you throughout your personalised journey.



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