



The Healthy Lifestyles Team are now booking telephone and video call appointments to support people to make sustainable changes for a healthy lifestyle.

The Team provides a **free and confidential** structured service to motivate, encourage and support local people to make changes to improve their health and wellbeing.

The service consists of six 1-2-1 sessions over a 12-week period supporting the areas of:

- ↪ Healthy Eating
- ↪ Weight management
- ↪ Increasing physical activity and exercise
- ↪ Emotional health and wellbeing
- ↪ Lifestyle in pregnancy
- ↪ Family lifestyle
- ↪ Smoking cessation (from aged 12+)

**Let's Get Telford Healthy**

Sign up to receive 12 weekly e-mails containing information, tips and advice on leading a healthy lifestyle.

[Let's Get Telford Healthy](#)

**A referral can be made by contacting the Team in the following ways:**

(Individuals can also self-refer in the same way)


For our online contact form visit: [www.telford.gov.uk/healthylifestyles](http://www.telford.gov.uk/healthylifestyles)

Email: [healthylifestyles@telford.gov.uk](mailto:healthylifestyles@telford.gov.uk)

Telephone: 01952 382582

Follow us on social media:

 [@HealthyTF](#)

 [@HealthyTelfordWrekin](#)

View our [Healthy Telford blog](#)

**Healthy Lifestyle Chat** is a place for people to share motivational tips and stories while also receiving support from others on their own journey.

(A private Facebook page)

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Care and Invest  
to create a  
better borough**



**Telford & Wrekin  
COUNCIL**