

Live Well
Reading and West Berkshire

Start your **FREE** journey to better health today...

- Stop Smoking
- Healthy Weight
- Increase Activity
- Reduce Alcohol

FREE support programmes

livewellrwb.org

0800 122 3972

Access to our support is FREE



Stop Smoking



Healthy Weight



Increase Activity



Reduce Alcohol

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Stop Smoking Service

Those who join our **FREE** 12-week programme are **3x more likely to succeed**, with expert support **every step of the way.**



FREE support programmes

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Healthy Weight Service

FREE support, tips and tools for those looking to **lose weight**, build food confidence and maintain a healthy lifestyle.

Live Well
Reading and West Berkshire



FREE support programmes

livewellrwb.org

0800 122 3972

Get More Active Service

FREE expert support for those ready to move more, **get active** and fit exercise into their daily routine.



FREE support programmes

livewellrwb.org

0800 122 3972

Live Well
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Reducing Alcohol Service

We'll support you every step of the way when you join our FREE 12 week programme which makes you **3x more likely to succeed!**

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What would you do with

£455

every month?*



Live Well

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Get FREE help to stop smoking & save

www.**livewell**rwb.org

*Based on quitting smoking 20 cigarettes a day at a cost of £15 per pack.