

Live Well
Reading and West Berkshire

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

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

FREE support programmes

livewellrwb.org

0800 122 3972

Service delivered by...

ice leading behaviour change
icecreates.com

In partnership with...

Reading Borough Council
Working better with you

West Berkshire Council

Access to our support is FREE

Live Well
Reading and West Berkshire



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.**



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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.



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Get More Active Service

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



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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
Reading and West Berkshire

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.

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