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

Live Well
Reading and West Berkshire



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

FREE healthy living support

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0800 122 3972

Your first step towards a new **smoke-free you...**

Live Well
Reading and West Berkshire

FREE 1-2-1 support
for people who live, work or have a registered GP in Reading & West Berkshire



FREE healthy living support

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0800 122 3972

Live Well
Reading and West Berkshire

What would you do with...

£455

every month?*



FREE help to stop smoking

Text **STARTNOW RWB** to **66777**

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