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

livewellrwb.org

0800 122 3972

Service delivered by...

ice leading behaviour change
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In partnership with...

Reading Borough Council
Working better with you

West Berkshire Council

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

livewellrwb.org

0800 122 3972

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What would you do with...

£455

every month?*

Live Well
Reading and West Berkshire



FREE help to stop smoking

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

livewellrwb.org

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