

Health Trainers provide guidance, support and motivation with:

- Healthy Eating
- Weight Management
- Reducing Alcohol Consumption
- Physical Activity
- Stopping Smoking
- Reducing Stress and Anxiety

Who can access this service?

Anyone who is a Liverpool resident and is aged 16 and above can use this service.

What can I expect?

A 12 week programme with consultations (both over the phone and in person), reviews, 1-to-1 support & goal setting.

Where can I use this service?

In community settings and GP Surgeries throughout Liverpool.

How can I contact you?

You can call our freephone on 0300 003 2322, or email healthtrainerreferrals@livewireliverpool.org.

Client Feedback

"This programme has enabled me to meet my positive targets and make massive changes to my health and lifestyle. I feel more positive, confident and happy about myself."

Download our FREE app today! Available from:



@LiveWireLpool



LiveWire
Liverpool

livewireliverpool.co.uk



Liverpool
City Council



LIVEWIRE LIVERPOOL HEALTH TRAINERS

Health Trainers
encourage, motivate
and support people
on their journey to
living a healthier lifestyle

Your Health, Your Happiness, Your LiveWire.
#LoveLiveWire

Call our Freephone number on **0300 003 2322**
or visit our website on **www.livewireliverpool.co.uk**

@LiveWireL.pool



LiveWire
Liverpool

livewireliverpool.co.uk



Liverpool
City Council