

Your Health Your Way is a free service available to support residents of Nottinghamshire (excluding Nottingham City) get more active, eat healthier, lose weight, drink less and quit smoking.

As of June 1st 2020 we will be delivering all elements of the integrated service, this means we will be accepting referrals for:

- Weight management
- Smoking cessation
- Physical activity
- Brief alcohol support



All interventions will be delivered remotely in accordance with social distancing guidelines. We will be able to provide both one to one and group based support via telephone and online support (Zoom). Once safe to do so, we will be opening the service up to face to face delivery.



Exercise to suit all abilities



Lose weight and keep it off!



FREE group and 1-2-1 sessions available



Alcohol support



Healthy eating support



Help to quit smoking

Referrals from GP practices can be made via the F12/Ardens function and both third party and self-referrals can be made online by visiting <https://yourhealthnotts.co.uk/> or give us a call on 0115 772 2515