

# Time to start fresh

Thriving Nottingham is a new, free health & wellbeing service that will help you live well and feel great!



## Change for the better



Lose weight, eat well



Move more



Stop smoking



Improve your wellbeing

Use free supportive programmes with experts guiding you every step of the way.

“

Inspiring. I have way more energy. My lifestyle is way more active. And I lost 14% body weight in 12 weeks!

Matt, 51

”

## Get started today:



0115 648 5724



[hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk)



[www.thrivingnottingham.org.uk](http://www.thrivingnottingham.org.uk)

To find out more, scan



# Time to start fresh

We're helping Nottingham residents to improve their health and wellbeing for free. **Whatever your goal, big or small, we'll help you reach it.**



## Lose weight

Lose weight your way. We've teamed up with Slimming World, MAN v FAT and gloji, giving you **free access** to a huge variety of weight loss programmes. Choose from 1-to-1, digital or group support, or a male-only football league.



## Stop smoking

Quit smoking for good with the help of our brand new service. Get access to free quit aids (including e-cigarettes) and regular support from a mentor. Be **3x more likely to quit** smoking with our 12-week programme.



## Family health

Better health starts at home. Get the whole family building healthy habits together. **Free kid's sports classes** (trampolining, swimming and more) plus **free parent support** in a friendly group led by an expert health mentor.



## So much more

Swimming, football, 1-to-1 personalised coaching and more to come. We're just getting started.

**Nottingham, let's thrive!**

0115 648 5724 [hello@thrivingnottingham.org.uk](mailto:hello@thrivingnottingham.org.uk) [www.thrivingnottingham.org.uk](http://www.thrivingnottingham.org.uk)