

CYC Health Trainers

Feel Good

Learn what works for
losing,
gaining, or
maintaining
a healthy
weight

Find new
ways to be
more active

Help to
reduce your
alcohol
intake and
learn how
this affects
your health

Personal,
confidential
advice & support



Get in touch today

Call: 01904 553377

Email: cychhealthtrainers@york.gov.uk

york.gov.uk/CYCHHealthTrainers

