



# Get Help to Get Active

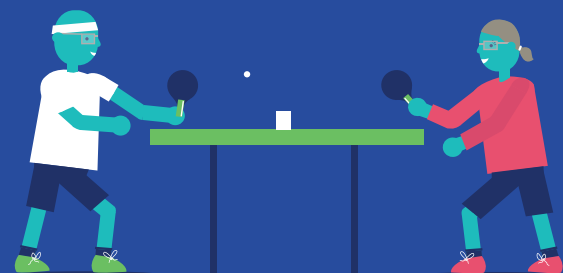
We offer specific support to **help physically inactive adults** with long-term health conditions\* to become more active.

Our **FREE** Active Wellbeing programme offers **12 months** of tailored support which can improve your general wellbeing and enhance your quality of life.

“I think it’s a **great service** to get more people physically active as the benefits that I’ve experienced are **amazing!**”

## \* Eligible health conditions

- Cardiovascular disease
- Type 2 diabetes
- Cancer or have been treated for cancer



[www.onelifesuffolk.co.uk](http://www.onelifesuffolk.co.uk)

If you’re aged 16 and over **CALL US NOW** to find out how we can help you!

**01473 718193**