


SUFFOLK HOW ARE YOU?

Search **Suffolk How Are You?** to do the How Are You? Health Quiz. For your body, for your mind.

Sign up for One You updates and be directed to our Suffolk How Are You? webpage where you can enter a prize draw to win 1 year's subscription to  Spotify®

Prize draw ends 10/03/2020

For more information visit

www.suffolkhowareyou.co.uk

BECAUSE THERE'S ONLY
ONE YOU

**One
Life
Suffolk**



SUFFOLK HOW ARE YOU?

**Look out for tips and opportunities to
Move More and Eat Well for Good Mood,
Stress Less, More Energy, Sleep Well.**

Join us for This Girl Can, Health Walks, RED January
and be in with a chance of winning a Fitbit.

Instagram your fruit and veg **#5adaysuffolk** and be in
with a chance of winning a cookbook.

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