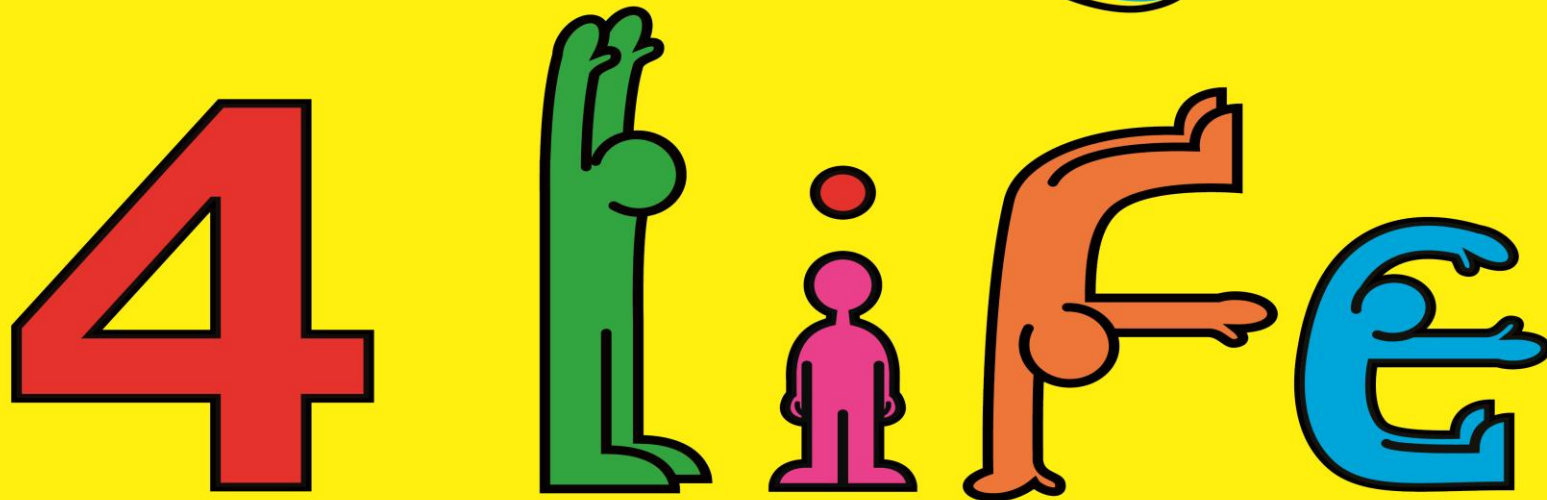


change



Eat well

Move more

Live longer

For ideas about healthy living for you and your family visit

www.nhs.uk/change4life