

Are you ready to make healthy lifestyle changes?

Health Trainers are here to help you step by step

Health Trainers offer a free,
confidential service to residents
of Kensington and Chelsea

Get in touch for more
information or to have your
own Health Trainer call:
020 8962 5730 or email:
healthtrainers@westway.org




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www.westway.org

What Health Trainers can do for you:



Health Trainers are local people who can offer support with; healthy eating, physical activity, mental & emotional well-being and stopping smoking.

Health Trainers offer up to 6 one-to-one sessions to help you achieve your healthy lifestyle goals.

Health Trainers work across the borough and can arrange an appointment when and where you need it.

Health Trainers can assist you in finding and accessing a wide range of local services.

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