

Improve your health, make positive lifestyle changes!



Are you over 18? Do you want to:

- improve your general wellbeing
- build your self confidence and motivation
- reduce or stop smoking
- eat healthier food and be a healthy weight
- be more active
- drink less alcohol?

Then contact the health trainer service.

Contact information:

Forename:

Surname:

What is your gender?

Male

Female

Other

Please tick to confirm that you are over 18

Address:

Daytime telephone:

Mobile:

Email:

Preferred contact method:

Permission to leave a message: Yes No

Please indicate what health area(s) you are looking for support with:

Healthy eating

Physical activity

Working towards a healthy weight

Alcohol intake

Smoking

General wellbeing

Where did you hear about this service?


In keeping with the Data Protection Act, the details on this form will be entered onto the central database and shared with your local health trainer. They will not be used for any other purpose and will be destroyed after two years.

Please return to:

Health Trainers, Public Health, County Hall, Bythesea Rd, Trowbridge BA14 8JN

Tel: 0300 003 4566 Email: health.trainers@wiltshire.gov.uk Fax: 01225 716846 or

Email: WCOUNCIL.healthtrainers@nhs.net

helping you
to help yourself 

Wiltshire Council
Where everybody matters