

## Lifestyle Advisor Service

### Free Webinars:



13th of Jan 2021, 4-5 p.m.

**Living Healthier: Small Changes- Big Impact**

The aim of the webinar is to explore why we are often motivated to make changes but struggle to make them happen. We want to help you to explore goal setting techniques and support strategies to be more successful in making changes happen.



27th of Jan 2021, 4-5 p.m.

**Living Healthier: How to Stop Smoking**

What are the key factors for success? We want to help you to explore whether you are ready to stop smoking to improve your health. Make the change with Smoking Cessation Support.

The webinars will be taking place on Zoom. If you get in touch we will send you a link with all details via email.

If you would like to take part get in touch: [sabine.spires@citizensadvicesw.org.uk](mailto:sabine.spires@citizensadvicesw.org.uk), mobile 07932387145