



**Live Well Stay Well is a FREE healthy lifestyle service for residents of Buckinghamshire and/or patients registered with a GP Surgery in Buckinghamshire. Live Well Stay Well has helped thousands of people to lose weight, quit smoking, get more active, feel happier or manage their diabetes. They also offer support with the emotional challenges of managing a long term condition and support families to manage a child's weight.**

**To find out more or get support call 01628 857311 or [www.livewellstaywellbucks.co.uk](http://www.livewellstaywellbucks.co.uk)**

