

Health & Wellbeing

Cheshire East Council is offering **FREE wellbeing checks across Cheshire East** to help you to stay healthy and well

The wellbeing check includes:

 **Blood pressure** checks

 **Heart** screening

Advice on:

 **Alcohol** consumption

 **Diabetes**

 **Diet** and **healthy eating**

 **Healthy** wellbeing

 **Mental** health

 **Physical** activity, exercise and fitness

 **Stopping** smoking

For more information please visit:

cheshireeast.gov.uk/wellbeing