

# WHO ARE WE?



## **ABL Health helps people to lead healthier, happier lives for longer**

We offer a variety of free programmes in many areas of the North West, including support to lose weight, stop smoking and generally improve the wellbeing of our clients.

Our team includes GPs, lifestyle coaches with nutrition and physical activity expertise, experienced smoking cessation advisors and qualified psychological therapists. They will work with you to help you take back control of your health and enjoy a better life.

We're currently working in communities across Greater Manchester, Central Lancashire, St Helens and Wirral.

Contact us today to find out what's happening in your area.

**01204 570 999**

**[choose.tochange@nhs.net](mailto:choose.tochange@nhs.net)**

**@ABLHealth**

**[www.ablhealth.co.uk](http://www.ablhealth.co.uk)**

