

ONE YOU Trafford

Adult Healthy Lifestyle Service - Make simple changes towards a longer and happier life.

Stop Smoking

Healthy Eating

Alcohol Awareness

Being More Active

Sexual Health

Emotional Wellbeing

Do you want to make changes to your lifestyle?

Not sure where to start?
We can help you make that change

One You Trafford is a free confidential service (6-8 sessions) for adults who live in Trafford who would like support to make changes to their lifestyle.

We provide both advice and support to connect you to a range of opportunities across the borough..

We can:

- Support you to make positive lifestyle changes
- Find services to meet your needs
- Provide regular local one to one support via our team of Lifestyle Practitioners
- Provide support around quality of life / social circumstances that may make it harder to make lifestyle improvements,

To make an appointment



appointments@bluesci.org.uk



tel 0161 912 2177



bluesci.org.uk



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bluesci
support