

EVERYONE IS HERE TO HELP

We provide a range of FREE health and active lifestyle services for people in Cambridgeshire



The FREE services we offer are:

- Adult weight loss groups
- Health Trainer service
- NHS Health Checks
- CAMQUIT, stop smoking service
- Falls prevention service
- Child weight management groups



How to get involved

To find out more or to join one of our FREE services you can get in touch by:

Telephone

03330 050 093

Email

changepointcambs@everyonehealth.co.uk

Register via our website

www.everyonehealth.co.uk/cambs

 @ChangePointCambridge

 @eh_Cambs

