

EARLY HELP

FREE HELP TO STOP SMOKING!

A smoker is 4 times more likely to quit successfully with support from an advisor!

We provide a free service to anyone who would like to stop smoking within Oldham!

Stopping smoking can be a life changing experience. There are lots of products available to help with the nicotine addiction such as patches, gum and inhalators.

Our advisors can explain how each product works so that you can decide what will be best for you.

CALL 0800 288 9008 AND BOOK YOUR APPOINTMENT!

FREE NHS HEALTH CHECKS!

Get a FREE NHS Health Check which gives you a Personal Health MOT
... in less than an hour!

- Includes a weight, height, blood pressure and cholesterol test.
- Find out your risk of developing heart problems.
- Get advice and support to live a healthier lifestyle.
- Aged 40-74 then come and find out if you qualify now.

In the appointment you will have a cholesterol, weight, and blood pressure check as well as looking at your lifestyle and family history.

From this we can give you a score of how at risk you are from developing heart problems in the next 10 years.

We can also advise you on what you can do to look after your health and help you start to make changes.

CALL 0800 288 9008 TO BOOK YOUR FREE 30 MINUTE HEALTH CHECK

FREE CHILDCARE FOR 2 YEAR OLDS!

If you have a two year old child and would like to check whether you are eligible for free childcare

CALL 0800 288 9008 TO BOOK YOUR APPOINTMENT.



Positive Steps is a trading name of Positive Steps Oldham.

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