Healthy lifestyles Gloucestershire

Baby on the way?

We are a FREE healthy lifestyles support service

We help mums-to-be just like you to take care of your health, to give your baby the best start in life

Get all-round help during your pregnancy and during your baby's early years including:

- **Healthy weight**
- **Healthy eating advice and support**
- **Being more active**
- **Smokefree home**

Call us free today

0800 755 5533

www.HLSGLOS.org

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