

Health & Wellbeing

Cheshire East Council is offering
FREE wellbeing checks across Cheshire East
to help you to stay healthy and well

The wellbeing check includes:



Blood pressure checks



Heart screening

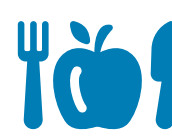
Advice on:



Alcohol consumption



Diabetes



Diet and **healthy eating**



Healthy wellbeing



Mental health



Physical activity, exercise and fitness



Stopping smoking

For more information please visit:

cheshireeast.gov.uk/wellbeing