

## **Healthy Stockport – Helping you make positive change**

NHS Stockport's Public Health Department have launched a 'Healthy Stockport Website'

This is a health and wellbeing website featuring lots of information and advice to help those who want to make positive changes to their health and lifestyle.

The site covers a range of topics including Healthy Eating, Move More, Smoking, Mental Wellbeing and Alcohol.

By clicking on 'Other Topics', you can access the Getting Help Directory that lists organizations in Stockport that can help people to lead a healthier life.

**To access the website click on**

**<https://www.healthystockport.co.uk/>**