



Looking to make a change and get healthy in 2021?

We know it can be difficult to know where to start. Perhaps you are a smoker who would like to cut back or even give up for good? Or you might want to aim for a healthier weight but can't find the time or motivation. Do you need support to get more active? And are you worried about your drinking?

Whatever your goal, OneSmallStep can help.

OneSmallStep is the service set up and funded by Devon County Council to guide and support you through small steps to change. By looking at the process in small steps, we believe it can be much more achievable!

OneSmallStep offers support when and how you need it with information, advice and guidance available online, by telephone and through face to face coaching so you can start making small changes to feel healthier today.

Would you like help and support to;

Quit smoking?

Reduce your Alcohol intake?

Achieve a Healthy Weight?

Become more active?

If the answer is yes, get in touch with OneSmallStep.

Our support is FREE and available to Devon residents in ways that suit you, either; online, on the phone, video call or face-face*.

You can take your first step to a healthier lifestyle by:

Logging on to the OneSmallStep website www.onesmallstep.org.uk

Emailing us at: hello@onesmallstep.org.uk

Texting the word **QUIT** to the number **60777** (charged at standard text rate)

or **calling 01392 908 139** to speak to one of our friendly team

Please follow **OneSmallStep** on Facebook

<https://www.facebook.com/1stephealthy>

And Instagram: https://www.instagram.com/onesmallstep_18/
for helpful tips, motivation and support.

*Face to face provision is subject to government guidelines in relation to Covid-19.