

## Live Well Luton

Live Well Luton is the town's free healthy lifestyle service.

We provide free information and practical support to help local people become healthier.

Whether it's stopping smoking, becoming more active, improving your diet, losing weight or having a health check, we can help you make the changes needed to improve the way you feel now and in the future.

Live Well Luton's free programmes can help you quit smoking, lose weight and improve your overall health.



### Who to contact

<b>Contact Position</b>	Support Team
<b>Telephone</b>	01582 757 635
<b>E-mail</b>	<a href="mailto:info@livewell-luton.org.uk">info@livewell-luton.org.uk</a>
<b>Website</b>	<a href="http://www.livewell-luton.org.uk">www.livewell-luton.org.uk</a>

### Where to go

<b>Address</b>	28 Dunstable Road Luton
<b>Postcode</b>	LU1 1DY

### When is it on?

**Session Information** Our sessions run Monday to Saturday.

### Other details

#### Notes

#### Your steps to a healthier you

Whatever you want to achieve to improve your health we can help you.

We all know that the best way to look and feel good is to follow a healthy lifestyle. If you are concerned about smoking or your weight, we can help. There are some changes we all feel we could make and if you would like us to help you with the first steps to a healthier future, then get in touch.

#### How we can help you

Our approach is to take things one step at a time. Most of our programmes include an initial introductory session where we can tell you about how you might benefit and we can find out more about you. It's just a chat so we can let you know how we may be able to help and there's absolutely no obligation to take it further.

If you decide to enrol on one of our programmes, then sessions are often available during the day, evening and sometimes at weekends.

#### Stop smoking

You could save a fortune and add years onto your life by avoiding smoking related diseases. We can provide:

- One to one and group sessions
- Practical advice and support
- Medication on prescription (free if you don't pay for prescriptions)

#### Health Checks

FREE checks for anyone between 40 and 74.

- Helps identify any key health conditions
- Takes just 30 minutes
- Health advice and information

#### Personal health plans

Our Community Health Coaches can help you improve your lifestyle to help you lose weight, eat healthier, get active and stay active. You can improve mobility and feel great whilst safeguarding your long-term health.

- One to one support
- Physical activity courses such as dance, chair-based exercises, and beginner's sports courses.

#### **Adult weight management**

FREE 12 week programmes for both men and women.

- Healthy eating information
- Physical activity for all abilities
- Supportive group environment

#### **Child weight management**

A FREE 10 week weight management programme for children and young people aged 5 to 15 who are above a healthy weight.

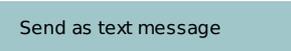
- Fun and supportive age specific groups
- Nutrition advice for the whole family

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