



Thinking about your own health and wellbeing?

OneSmallStep can help you to quit smoking, cut down on alcohol, manage a healthy weight and move more.

Take your first small step to a healthier you.

onesmallstep.org.uk / hello@onesmallstep.org.uk

Contact us

Web: **onesmallstep.org.uk**

Freephone: **0800 298 2654**

Local number: **01392 908 139**

Email: **hello@onesmallstep.org.uk**

Find us at

 **@stephealthy**

 **One Small Step**