

# Want to make a change?

**onesmallstep**   
to a healthier you



Take OneSmallStep to  
a healthier you. Start  
making the healthy choice  
the easy choice.

We can provide free support to help you to:

- Quit smoking
- Cut down on alcohol
- Maintain a healthy weight
- Start moving more

**Visit [onesmallstep.org.uk](http://onesmallstep.org.uk)**

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Find us at

 [@stephealthy](https://twitter.com/stephealthy)  One Small Step