



Quitting smoking is the best thing you can do for you & your baby's health



We know that it can be difficult to quit smoking, but we also know that you want to give your baby the best possible start in life.

Whether you are in the planning stage or already pregnant, it's never too early or late to quit smoking. You are four times more likely to quit successfully with Your Health Your Way – Nottinghamshire's Integrated Wellbeing service.

We offer you:

- A tailored quit programme with a Maternity Stop Smoking Practitioner
- Confidential 1:1 appointments
- Behavioural support, advice, and information
- Free Nicotine Replacement Therapy (NRT)
- Additional free support & quit programmes offered for Partners, Family & Friends

We also provide free support with nutrition and exercise needs before, during your pregnancy and beyond.

Call us today **0115 772 2515** to make an appointment or visit www.yourhealthnotts.co.uk

*Nottinghamshire residents, excluding Nottingham city. BMI 30+

STAY UP TO DATE...



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Your Health
Your Way Notts



Your Health
Your Way Notts



Make a healthy lifestyle change now for you and your baby!



Whilst pregnancy can be an exciting time for you and your loved ones, for lots of Mums-to-be it can sometimes be a real challenge. At Your Health Your Way, we understand that pregnancy is far from straight forward, with lots of changes to make and things to consider for the baby it's easy to overlook your own health. While it might seem tough to think about making lifestyle changes, there has never been a better time to take positive steps for your health and well-being and that of your new baby.

Start making positive lifestyle changes today with **Your Health Your Way**
We can offer you a **FREE service*** that includes:

- A quick, easy referral to our service from your midwife, who will explain the service and the referral to you at your first booking in appointment
- Support from highly trained health professionals around the right nutrition during pregnancy and how to exercise safely.
- Support and advice on how to manage weight gain during pregnancy and beyond
- Flexible appointment times to suit your schedule (includes evenings and weekends)
- A range of support offers including face to face, virtual and home visits

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