



# Make your move towards a healthy weight!

Get FREE access to tailored health education, 2000+ healthy recipes and activities to help you eat smart, get active, support your mental health, and reach a healthy weight.

## To get started

- 1 Scan the QR code, or go to [grohealth.com/norfolk](https://grohealth.com/norfolk)
- 2 Complete the form to check eligibility.
- ✓ We'll contact you to help you get started!



 **SCAN ME!**

Need help?

 Email us at [support@grohealth.com](mailto:support@grohealth.com)

 Call us on 0330 133 0307 (8am-6pm Mon-Fri)