

YOURhealth's key events to know for: **JANUARY**

See where our team will be out and about this month

11 th of January	Meet the YOURhealth team to discuss Dry January and how we can support you to go alcohol free for a month	14:30 – 17:30	Withernsea Pavilion Leisure Centre
12 th of January	Meet Matt our Stop Smoking Advisor working with the Humber Recovery College to discuss smoking cessation	10:00 – 11:00	<u>Virtually via the Humber Recovery & Wellbeing College</u>
19 th of January	Matt is working with the Humber Recovery & Wellbeing College to discuss healthy eating	14:00 – 15:00	<u>Virtually via the Humber Recover & Wellbeing College</u>

To find out more information follow our social media pages or email YOURhealth
hnf-tr.healthtrainers@nhs.net



Don't forget to share your selfies from our events with the hashtag #YOURhealthER

