

Be   
Healthy  
Bucks

Ready

to drink less alcohol,

but not sure how?

**Be Healthy Bucks** is a free health and wellbeing service to help you look after your health.

By making some simple changes, you can start feeling the benefits of a healthier life today.

maximus

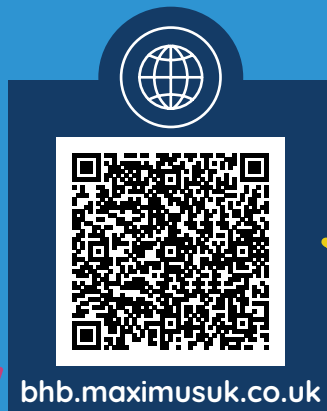


Our health and wellbeing experts have already helped thousands of people like you make positive changes and healthy habits for life.

Cutting down on alcohol will help you feel less tired, more energetic, and even save you money.

We can also help you with smoking, weight management, and an NHS Health Check.

Find out more about our free health and wellbeing support in just **5 minutes:**



[bhb.maximusuk.co.uk](http://bhb.maximusuk.co.uk)



or call us

01296 322738