

# Liv Life



Get **FREE** help to achieve  
a healthy weight  
[LivLifeLiverpool.org](http://LivLifeLiverpool.org)  
0800 488 0551



If you live in Liverpool you could be eligible for **FREE 1-2-1 support** to help you achieve and maintain a healthy weight.

**Whether you're a young person, family, adult or pregnant, one of our expert coaches will talk you through the process and create a personalised healthy weight plan, tailored to you.**



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