

CHOOSE TO LIVE BETTER

Community Pharmacy

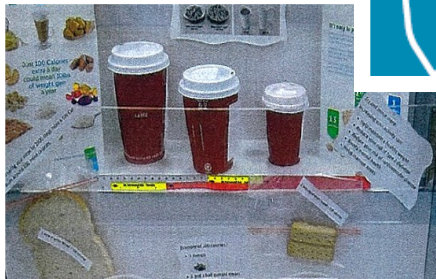
# Living Well

Campaign

CHOOSE TO LIVE BETTER

**STRENGTH**

Anyone can work out for an hour, but to control what goes on your plate the other 23 hours... that's hard work



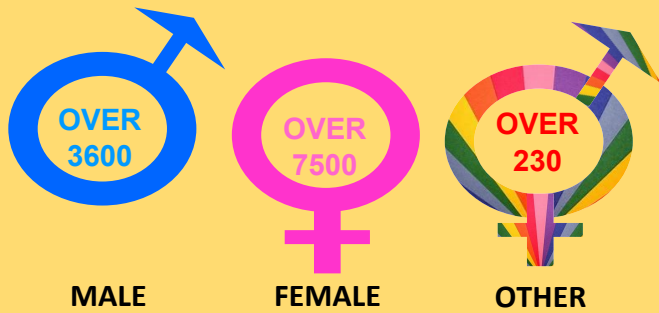
### What did we talk about?

Smoking cessation    Breastfeeding  
 Eating Habits    Dental health    Portion size  
 How to measure your waist correctly  
 Pregnancy    Diabetes    Fibromyalgia  
 Cholesterol-    Eating disorders  
 Depression    Thyroid    Exercise  
 Stroke    Gout    BMI

### Who did we refer to?

Leisure centre    Dietitian  
 Chair Aerobics    GP    Running Club  
 Weight loss classes    Sports Club  
 Cycle to Work scheme    Spinning Class  
 Swimming    Walking Club  
 Healthy Living Centre

### Number of patients engaged ....



### How did we Measure up?



### ACTIONS

Over 5600 people received **ADVICE**

Over 8900 **LEAFLETS** were provided directly to patients.

Over 220 **REFERRALS** were made.