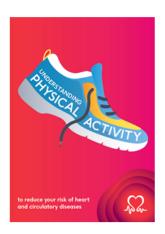
#### Leaflets



# Understanding physical activity

Leaflet / flyer | 16 pages

English | Published: 20/09/2018

Resource code: U007/0818

Publication for: General public

Subject: Being active, Lifestyle advice

Age group: All

Maximum order quantity: 500



## Understanding smoking

Leaflet / flyer | 14 pages

English | Published: 20/09/2018

Resource code: U005/0818

Publication for: General public, People w

**Subject:** Smoking, Lifestyle advice

Age group: Adults

Maximum order quantity: 500



### Understanding blood pressure

Leaflet / flyer | 16 pages

English | Published: 18/09/2018

Resource code: U002/0818

Publication for: General public, People will Subject: Medical info, Lifestyle advice, Hei

Age group: Adults

Maximum order quantity: 500



### Understanding cholesterol

Leaflet / flyer | 16 pages

English | Published: 20/09/2018

Resource code: U003/0818

Publication for: General public, Patient Subject: Lifestyle advice, Medical info, He

Age group: Adults

Maximum order quantity: 500



# Understanding your weight

Leaflet / flyer | 18 pages

English | Published: 20/09/2018

Resource code: U004/0818

Subject: Lifestyle advice, Healthy eating

Age group: All

Maximum order quantity: 500



### Taking control of alcohol

Leaflet / flyer | 17 pages

English | Published: 19/12/2018

Resource code: T003/1018

Subject: Lifestyle advice, Healthy eating

Age group: All

Maximum order quantity: 500

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