

WORLD MENOPAUSE DAY 2023

HEALTHY HEART

What's the best way to a healthier heart?

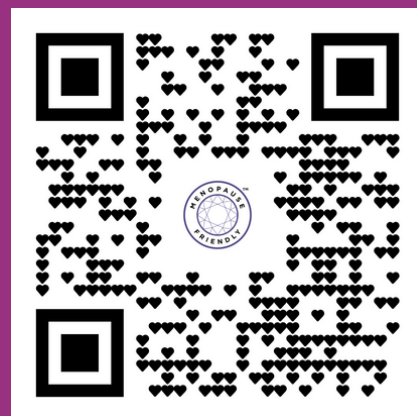
- Keep active
- Stop smoking
- Maintain a healthy weight
- Reduce alcohol



Lose weight

Download the free NHS Weight Loss Plan to help you start healthier eating habits, be more active, and start losing weight.

Don't worry, the app makes it easy for you – just take it one week at a time. Let's make "one day" today!



If you're overweight, losing weight has many health benefits. Making small, simple changes to what and how much you are eating and drinking can really help you lose the pounds.

