

# Health Trainers

A guide to your local services

## Who we are



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# What we do



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# Our work in the local area



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# Introducing the team



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# The results



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# How to refer



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For further  
information



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# One-to-one patient support from the Liverpool Health Trainer Service...

...helps you:

**Reduce** waiting times

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Meet your **targets**

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Deliver a **high standard**  
of care

...empowers patients to:

Find **activities** they enjoy

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Learn how to **shop healthy**

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Access **smoking services**

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Manage **Chronic Disease**