



Making healthier choices

This information booklet contains advice on portion sizes, tips on making healthier food and drinks choices, and ideas for easy ways to get active. It supports the Public Health Agency's Choose to live better 'Making healthier choices' public information campaign. The booklet is available throughout February and March 2022 from community pharmacies that participate in Living Well.

The Living Well service, offered in over 500 pharmacies across Northern Ireland, provides information and advice on public health issues.

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Details

Format

6 page A5 booklet

Target group

General public

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Making healthier choices booklet 01_22.pdf	1.83 MB

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