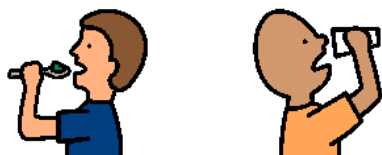


Eating and drinking healthy



Eat lots of fruit and vegetables everyday



Eat more fish



Eat less fat



Eat less sugar



Eat less salt



Eat breakfast everyday



Drink water everyday



healthpoint
WALK IN FOR INFORMATION

healthline 0500 20 20 30
CALL FREE FOR INFORMATION



If you need more help with eating healthy:



You can phone the free Healthline on
0500 20 20 30

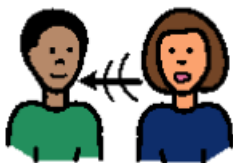


Or go to your local Healthpoint:

**Aberdeen Market, Monday - Saturday,
10.00am - 4.00pm**

**ARI Concourse, Monday - Friday,
10.00am - 4.00pm**

**1-3 Kirk St Peterhead, Tuesday - Friday
11.00am - 3.00pm**



Healthpoint is a place where you can get free
advice and information about your health