

# Changing lifestyle habits?



## Healthy Life Centers

Do you need support to change your lifestyle habits? Making a lifestyle change can be challenging. At The Healthy Life Center you will meet health personnel who can support you. The Healthy Life Center is part of the public health care service and is free of charge.



### What kind of help is offered?

At the Healthy Life Center you get help to identify and setting goals, find activities that suits you, and support to pull through your plans. You can also get help in coping with health challenges.

Counselling and support take place both individually and in groups. You will be offered a 12 weeks program and it may be prolonged if you wish to. The program starts and ends with an individual counselling consultation.

### Physical activity

The Healthy Life Center can support you in getting more physically active. Activities take place both in- and outdoors. The activities are organized so that everyone, regardless of fitness level, will benefit from the activities.

### Good food for better health

The “Good food for better health” course will give you practical tips on good food choices and how to prepare healthy and tasty meals. You also learn to understand nutrition declarations.

### Support to quit smoking or using snuff

The Healthy Life Center can help and support you to quit smoking or using snuff.

### Courses for coping with mental health challenges or insomnia

Some Healthy Life Centers offer courses on how to cope with strain and milder to moderate depression. Some also arrange courses on insomnia.



## How to get in touch with us

You may contact The Healthy Life Center yourself or you can be referred by your General Practitioner/family doctor.

If you want to find out whether there is a Healthy Life Centre near you, you could check the xl-form here:

<https://helsenorge.no/hjelpetilbud-i-kommunen/frisklivssentral>

