



# SMALL STEPS TOWARDS A HEALTHIER LIFESTYLE

**Do you need support to make change in your physical activity, eating habits or sleep and recovery? Would you like to have individualized guidance to do long-term lifestyle changes?**

## **What it's all about**

- Wellbeing mentoring is a no-cost lifestyle guidance service for adults living in Vantaa.
- The service includes a personal wellbeing mentor who will support you.
- The duration of the guidance varies from a single appointment up to one year.
- Guidance is offered mainly in Finnish, Swedish and English, but can be provided in other languages too.

## **Who can participate**

- Those who are motivated and have enough resources to do long-term lifestyle changes.
- Those who are at risk of getting a lifestyle disease (e.g. sedentary lifestyle or overweight).
- A contact in healthcare is needed in case of persistent diseases or mental health disorders.

**Find tools for health and wellbeing – sign up through your healthcare centre!**

**[vantaa.fi/hyvinvointimentorointi](https://vantaa.fi/hyvinvointimentorointi)  
#hyvinvointimentorointi**

**Well-being  
mentoring**