



Who can participate

- Those who are motivated to undergo lifestyle changes.
- Those who are willing to receive long-term guidance.
- Those who have unhealthy lifestyle habits, are overweight or have a lifestyle disease, such as type 2 diabetes, heart disease or a circulatory system disease.

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

Read more at:
vantaa.fi/hyvinvointimentorointi
[#hyvinvointimentorointi](https://twitter.com/hyvinvointimentorointi)

**Well-being
mentoring**



Small steps towards a healthier lifestyle

Read more at:
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[#well-beingmentoring](https://twitter.com/well-beingmentoring)

**Well-being
mentoring**





What it's all about

- Vantaa Wellbeing Mentoring is a no-cost lifestyle guidance service for adults living in Vantaa.
- The service includes a personal wellbeing mentor and a mobile app for supporting a healthy lifestyle.
- The support you will receive includes, for example, getting started in exercise and increasing physical activity.
- The goal of this year-long service is to achieve permanent lifestyle changes.

What the service includes

- Personal guidance for healthy lifestyle habits and support for making changes.
- Wellbeing tips for physical activity, nutrition, sleep and recovery.
- A wellbeing app with content developed by experts.
- Other optional features, such as peer support and trying out new types of physical activity.

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