

Preventative Health Hub

Take small steps today to protect your future health

What is it?

During September, explore our Preventative Health Hub – a free online resource packed with expert information, videos, downloadable guides and practical advice to help you build healthy habits and support your long-term health.

Whether you're curious, concerned, or just want to stay on top of your health, the hub has practical tools to support you.

Who is it for?

The hub is designed for everyone, whether you're looking to maintain your health, build healthier habits or learn more about preventing future health problems.

Why does preventative health matter?

Many long-term health conditions, including cardiovascular disease, type 2 diabetes and some cancers, are influenced by lifestyle and everyday health behaviours.

Preventative health is about understanding your health, recognising potential risks early and making positive lifestyle choices that can improve your wellbeing now and help reduce the risk of illness in the future.

What topics are covered?

The hub includes resources on:

- Heart health
- Blood sugar and diabetes awareness
- Maintaining a healthy weight
- Mental wellbeing and stress management
- Understanding common health conditions
- Healthy habits for long-term wellbeing

Plus more!

How do I access it?

The hub is available from 1-30 September.

Simply scan the QR code above or visit:

preventativehealthhub.co.uk