**A pink text with rays of light

Description automatically generatedPlease help us to promote our New Year’s Resolution campaign and events!**

We’re launching a new health and wellbeing campaign for people in Bradford district and would be grateful if you could help to promote it through your channels.

We are asking people in Bradford district to make a New Year’s Resolution – putting themselves first, with a goal to improve their health and wellbeing!

We have created a toolkit of resources that you can download from our website here: <https://mylivingwell.co.uk/resources/toolkits/>

If you have any problems downloading the toolkit, please send your contact email to: sacha.reynolds@bradford.gov.uk to request it to be sent via WeTransfer instead.

Inside the toolkit is a series of animated and static social media graphics that you can share, along with suggested messages you can copy and paste. There are animated TV screens and also an article that can be used in your newsletters or on your website.

The campaign is divided into two sections: messages and graphics that promote general good health and wellbeing and also messages and graphics that encourage smokers to get in touch with our Living Well stop smoking service.

We will be holding two events in January where people can come along and have a chat with our team to help them make (and stick to!) a New Year’s Resolution.

Tuesday 7 January: Airedale Shopping Centre in Keighley 10am – 2pm.

Thursday 9 January: Broadway Shopping Centre in Bradford 10am – 2pm.

At the events the Living Well team will be offering free blood pressure checks and carbon monoxide checks for people that smoke. They can also talk to people about a wide range of health topics including healthy eating, physical activity, alcohol, mental wellbeing, quitting smoking, long term conditions, family health and lots more!

We would be very grateful if you could download the toolkit and share the resources to help us make sure as many people in Bradford district as possible, hear all about the great free services they can access to improve their health and wellbeing.

Thank you!

The Living Well team