

# Useful Websites and Online Resources

Here are some websites with useful information and resources to help you stay healthy and maintain your weight loss.

If you have a smart phone you can scan the QR code to go to the website automatically.

Service	Website	QR Code
	<a href="http://www.nhs.uk/livewell">www.nhs.uk/livewell</a>	
	<a href="http://www.nhs.uk/Change4Life">www.nhs.uk/Change4Life</a>	
	<a href="http://www.nutrition.org.uk/healthyliving">www.nutrition.org.uk/healthyliving</a>	
	<a href="http://www.dietetics.bham.nhs.uk">www.dietetics.bham.nhs.uk</a>	
	<a href="http://www.birmingham.gov.uk/beactive">www.birmingham.gov.uk/beactive</a>	
	<a href="http://www.diabetes.org.uk">www.diabetes.org.uk</a>	