**One You Cheshire East – Market Engagement Event – 9th May 2019**

Cheshire East Council is holding a market engagement event for providers interested in the forthcoming recommission of the One You Cheshire East lifestyle service.

This event will take place on Thursday 9th May 2019 at Canalside Conference Centre, Middlewich Church, 34 – 36 Brooks Lane, Middlewich, CW10 0JG at 1.30pm to 3.30pm.

The purpose of the event is to provide an overview of current delivery of One You Cheshire East, together with our plans for the service in the future. It will also give providers an opportunity to shape our approach. Your views are important to us, and will be used to gather further insight which will help define the Council’s future lifestyle related offer.

*About One You Cheshire East*

One You Cheshire East is an integrated lifestyle programme, comprising of a single point of access to a number of evidence based lifestyle programmes designed to support eligible people to take control of their health, so that they adopt a healthier lifestyle. Its objective is to have a meaningful impact on the health outcomes of the population; including life expectancy, healthy life expectancy, and key Public Health indicators.

The current One You Cheshire East service includes the following lifestyle programmes:

* Adult Weight Management (Reshape)
* Family Weight Management (Let’s Get Moving)
* Healthy Eating (Taste for Life)
* Physical Activity (Active Lives)
* Falls Prevention (Be Steady, Be Safe)
* Support for Pregnant Women (Fit for Birth)
* Smoking Cessation (Kickstart – this includes community smoking and specialist provision for people with mental health conditions and pregnant women)

If you are interested in attending this event, please book your place by going to Eventbrite at <https://www.eventbrite.co.uk/e/one-you-cheshire-east-market-engagement-event-tickets-60062292935> or telephoning 01270 686487.