



What keeps you well? Can you help a new project from Aberdeenshire Community Planning Partnership make our area a healthier place to live?

The Healthy Eating Active Living (HEAL) project wants to gain a better understanding of what keeps you well, what challenges you have and what needs to change, building on that information to help create healthier communities.

Information gathered by the project in coming months will be used to develop an Action Plan around healthy eating and keeping active.

As well as an initial online survey there will also be a range of other opportunities to get involved in the coming months.

Take part in the survey and sign up for updates at <https://engage.aberdeenshire.gov.uk/heal>

For further information see <https://online.aberdeenshire.gov.uk/apps/news/release.aspx?newsID=8407>