**Website / Newsletter Copy**

**Let’s Get Better: The website for all your health and wellness needs**

Let's Get Better, created by Humber and North Yorkshire Health and Care Partnership, is a new website designed to be the ultimate online health and wellbeing companion for the 1.7 million people living in our geography.

The website offers comprehensive resources, support, and signposting to help you and your family Start Well, Live Well and Age Well.

Whether you're a young person looking for mental health support, a mum-to-be who's looking for help to manage your pregnancy or just want to get fitter, improve your diet, or manage stress, there's something for everyone.

In addition to the website, your loved ones can follow Let's Get Better on Facebook. The page will regularly share content in the form of short videos, hints, tips and blog posts from experts across our patch about the little steps you can take to improve your health and wellbeing.

So, if you haven't already, check out [www.letsgetbetter.co.uk](http://www.letsgetbetter.co.uk) and follow the [Facebook page](https://www.facebook.com/letsgetbetterhny). Remember to spread the word and encourage your loved ones to like and share the page, so that we can be the ultimate destination for all your health and wellness needs in Humber and North Yorkshire.