



it's time to... eat well and move more

Free weight loss support

How we can help

- Groups run once a week for 12 weeks, each session lasts for 60-90 minutes.
- Healthy eating advice and discussions led by a Nutritionist followed by an exercise based activity session led by a Physical Activity Specialist
- Support with setting achievable goals to help you with positive lifestyle changes and sustainable weight loss
- Groups are rolling so you can join at any time.
- Groups take place in community locations across Cambridgeshire and Peterborough and virtual groups are also available, putting the service easily within your reach.



Or... If our 12 week programme isn't for you, you may be eligible for a 12 week referral to Slimming World or Wellness that Works (formerly Weight Watchers)

Who we can help

- Anyone aged 16+ who lives in Cambridgeshire or Peterborough or is registered with a GP in Cambridgeshire or Peterborough
- Your BMI needs to be equal or greater than 25



Funded by Cambridgeshire County Council and Peterborough City Council

For more information or to sign up to this service
Text: **HEALTHYU** to **60777** or call: **0333 005 0093**
Email: healthyyou@healthyyou.org.uk or
Visit: www.healthyyou.org.uk



Healthy You