

# are you struggling to manage your weight?

**My Weight Matters** is now available to Essex residents

## **FREE 12 week programme**

- Award winning programme with proven success
- No fad diets- all programmes follow NHS guidance
- No groups- brief individual support (get weighed and pick up your weekly pack)

**Local sessions available**

Call 0800 022 4524 (Option 3)  
to book your place