



Start your healthy weight journey with Gro Health

West Northamptonshire council is giving anyone who lives in West Northamptonshire FREE access to a leading NHS-certified programme to help you reach and maintain a healthy weight.

FREE ACCESS



12 weeks to a healthy weight

Learn about the biology of a healthy diet with weekly education, face-to-face support groups, recipes, meal plans and shopping lists.



Mental wellbeing support

Find your headspace and manage stress with on-demand meditation, mindfulness and yoga.



One-to-one and group coaching

Speak to an accredited health coach for private support at any time, or join our face-to-face sessions.

What could I achieve?



6.5%

Average weight loss



32%

Improvement in anxiety symptoms



18%

Reduction in chronic pain symptoms

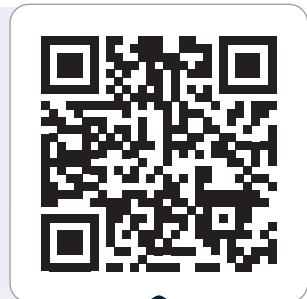


8%

Improvement in quality of life

To get started

- 1 Scan the QR code, or go to grohealth.com/west-northants
- 2 Complete the form to see if you're eligible
- 3 Sign up and get started with face-to-face or digital sessions



SCAN ME!

Prefer to speak to someone?

📞 Call us on **0330 133 0307** (8am-6pm Mon-Fri)

✉ Email us at support@grohealth.com



West Northamptonshire Council