

## Free Weight Management Programme for adults with a BMI of 25+

### Sessions at Crook Business Centre

-Free parking available onsite



#### What's Included?

- Up to 90-minute sessions
- Delivered by Health & Wellbeing Coaches
  - Healthy Eating
  - Weight Management
  - Moving More
  - Portion Control
  - Behaviour Lifestyle Changes
  - Motivation
  - Changing Habits

*Starting in 2026*

**4th & 18th February**

**4th & 18th March**

**1st, 15th & 29th April**

**13th May**

**1:00pm - 2:30pm**

Please arrive 5 minutes before start time

#### Why Join?

Research shows that losing weight gradually is the safest and most sustainable way.

Improve your health, boost motivation and enhance overall wellbeing.

## Referral Required

## Speak to your GP practice today