

## New Healthy Weight Programmes

Do you want to be healthier, have more energy and feel great?

Would you like support or advice on achieving and maintaining a healthy weight?

Do you need someone to talk to about your weight but don't know where to go?

Would you like to know how you can fit leading a healthier lifestyle into your day?

If you answered "Yes" to any of the above questions, then the Healthy Weight team are here to help you.

**NB** The sessions are free of charge.

The Healthy Lifestyle Team are running a new 11 week Healthy Weight programme.

The group runs on:

**Mondays (1.00 - 2.30pm)**

at the Women's Centre, Silver Street, Halifax

Who can join the programme?

- > Anyone aged 15 and over
- > Anyone with a BMI of 25+
- > Anyone who lives or works in Calderdale
- > Anyone who is motivated to make healthy lifestyle changes

For further information or to book your place please contact

Sharon on 01422 386 500 or  
Kate on 01422 386 503