

It's a breeze to lose weight this summer...

*If you struggle to manage
your weight, why not make
a change?*

- Award-winning programmes with proven success
- **FREE** to anyone registered with an Essex GP practice
- No fad diets – all programmes follow NHS guidance

Choose from:

- One to one sessions in a community setting near you
- Telephone support
- Taking part in the programme with one of our weight management partners including many local leisure centres
- Attending a one day workshop
- Completing the programme online

*A specialist weight management practitioner will help
find something that is convenient and suitable for you.*

Call the weight management helpline:

0800 022 4524 (option 3)

or visit our website at acelifestyle.org