

# WEIGHT MANAGEMENT PROGRAMME

Are you ready to make a change to your lifestyle, lose weight and make healthier choices?

Come and join our online group - delivered by trained Wellbeing Practitioners - for 8-12 weeks of **FREE** advice and support, to find out how making small changes can improve your health and wellbeing.



**Date:** TBC

**Time:** TBC

**Venue:** Microsoft Teams

**It's FREE!**

**Meet New People**

**Behaviour Change / Motivation**

**Savvy Shopping & Recipe Ideas**

**Set Goals**

For more details contact  
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Telephone: 07818075869

**wellbeing**  
for life

**For further information on the Wellbeing for Life service:**

**Freephone: 0800 8766887    [www.wellbeingforlife.net](http://www.wellbeingforlife.net)**



@CountyDurhamWellbeingForLifeService



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