

Free help to lose weight



Weekly weight management classes to help you move more and eat well.

What we offer...

- 12 weekly sessions
- Sessions led by Nutritionists and Physical Activity Specialists
- Group face to face or virtual sessions
- Slimming World and Weight Watchers vouchers also available*



Who can lose weight with us?

- If you live in Staffordshire**
- Aged 18 or over
- Body Mass Index (BMI) conditions apply***

To check visit: www.nhs.uk/live-well/healthy-weight/bmi-calculator/



What do I do now?

Visit: staffordshire.everyonehealth.co.uk

Email: eh.staffs@nhs.net

Tel: **0333 005 0095**



* restrictions apply
** excluding Stoke on Trent
***BMI over 30 (or 27.5 with co-morbidities or people of Black African, African-Caribbean and Asian origin)