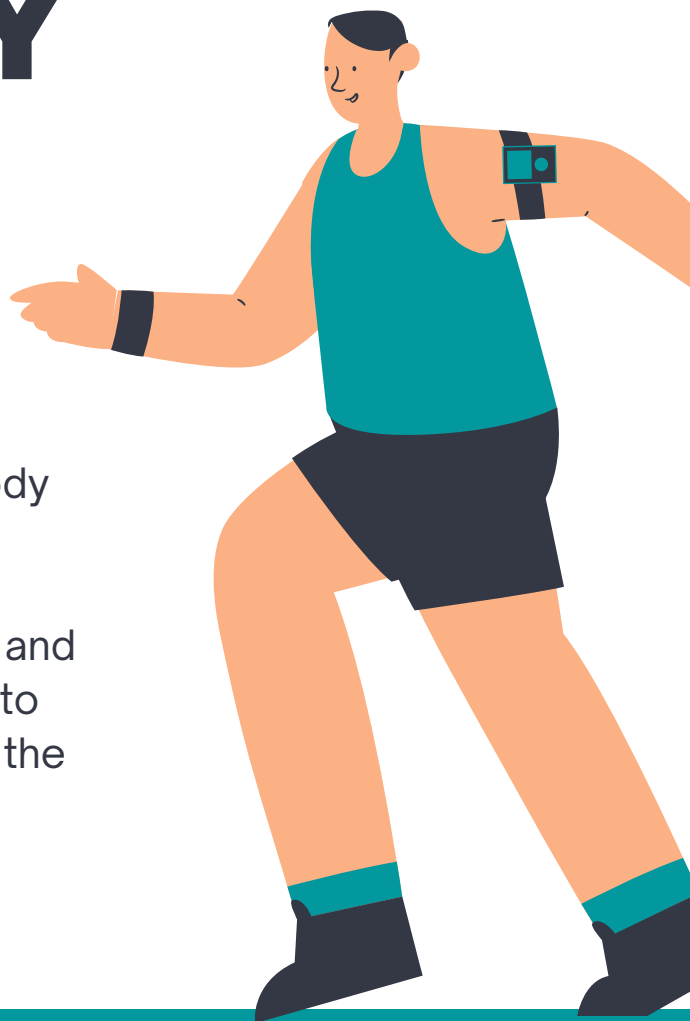


# HELPING YOU GET A HEALTHY WEIGHT

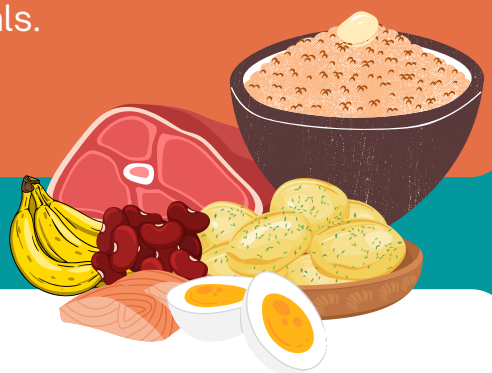


Are you struggling with excess body weight?

If you have a BMI of more than 30 and are looking for guide and support to lose weight the healthy way, then the following NHS resources and programmes may be for you.

## ADULT WEIGHT MANAGEMENT SERVICE

Have a chat with your [GP](#) about referral to the Adult Weight Management programme where you will receive input and support from Dietitian and other health professionals.



## SLIMMING WORLD

Slimming world offers a 12 week programme comprising of diet optimisation, physical activity course and motivational support session.

You can self-refer yourself to the programme by ringing the number below:

01773 546302

\*Only eligible for BMI >32

## WELLNESS IMPROVEMENT SERVICE (WISE)



WISE offered evidence-based lifestyle education programme delivered through highly trained wellness coaches. It focuses on healthy eating, physical movement, social connection, mental wellbeing, sleep and pain management

Click [here](#) to register.

