

WHY WEIGHT

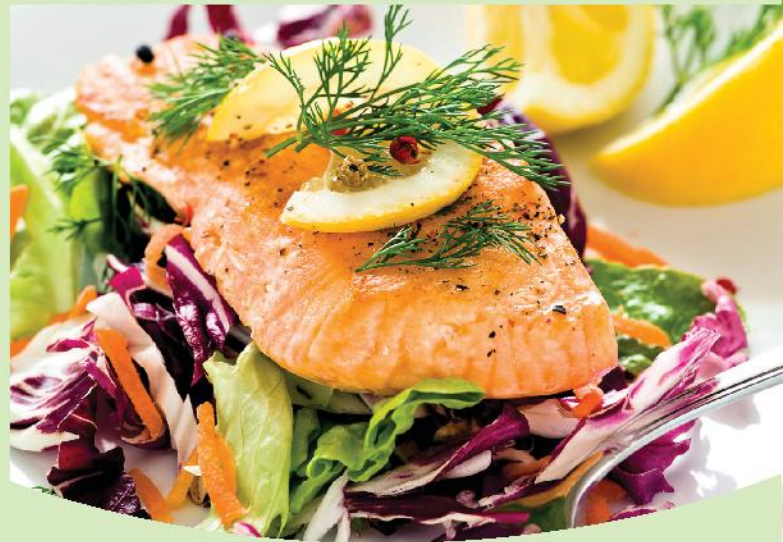
FREE 12 WEEK PROGRAMME

Sign up for the
WHY WEIGHT plan
today!

It's **FREE** and will give you the
tools to manage your weight
more effectively*

This 12 week programme
includes:

- Weekly weight and waist check
 - Gentle exercise classes
 - Healthy eating advice
 - Ongoing Personal Support
(continues after the 12 week
programme)



For more information and to
book your place call the Healthy
Living Team on 01322 311265 or
email info@hlcdartford.org.uk

* for individuals with a body mass index (BMI)
over 28

www.hlcdartford.org.uk

**Making healthier choices
easier in Dartford**

DARTFORD
BOROUGH COUNCIL

