

why weight...?



This 12 week programme includes:

- Weekly weight and waist check
- Gentle exercise classes
- Healthy eating advice
- Ongoing personal Support

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*

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

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

DARTFORD
BOROUGH COUNCIL

Funded by

