

# Would you like to...

learn more about a healthy way to lose weight, become more active and get support and ideas to help change your eating habits

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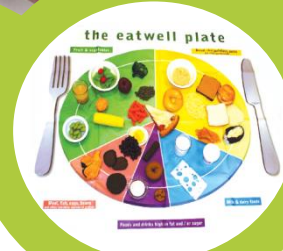
## Then why not join...

# Foodwise for life

An 8 week  
programme to help  
you manage your  
weight the healthy way

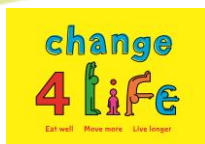
Fun and friendly sessions which  
cover a range of useful topics to  
support and encourage you

- Portion sizes
- Dealing with hunger & craving
- Moving more!
- Food labels
- Overcoming barriers
- Swap it don't stop it!



Courses are  
running throughout  
the borough!

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on Facebook!



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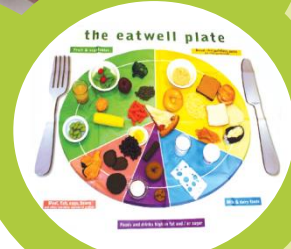
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