



Overweight? Would
like to lose weight
Then this new Course is
for you!

Weigh to go!
Starting
Tuesday 8th June
10am to 11am
6 week course

- Tried before, lost weight and regained it?



- Want to get more active but not sure where to start?

Interested?

To book a place or find out more call into

[The Feelgood Factory, Glovers Lane, Netherton](#)

Or phone 291 8010/8011

We will be running a new weight management course delivered by trained weight management leaders.

Courses last for six weeks and are run in a relaxed and friendly environment.

This course is designed for adults who need help with planning a suitable weight loss programme based on the latest evidence of what works best.

We will also tell you of other local opportunities to become more active.