

GET ACTIVE ~ EAT WELL



FREE online nutritional advice and exercise programme
12 weeks

Starting 4th May Tuesdays 11:00 - 12:45

Need support with weight loss and maintaining a healthy weight?

You may be eligible for the programme if you are aged 18 or over, exercise less than 30 minutes 2x per week and any of the following applies to you:



BMI \geq 23 BAME groups



BMI \geq 25 White groups



White, Black, Asian female with
a waist measurement \geq 80cm



White or Black male with
a waist measurement \geq 94cm



Asian male with a waist
measurement \geq 89cm



For more info please contact:

Tel: *** **

Email: example@domain.com