

change
4 life

Weight Matters

... the 8 week Nutrition, Physical Activity and
Behaviour Change Programme



Are you over 16 and concerned about
your weight?

Do you want to be healthier, have more
energy and feel better?

Are you ready to change your eating
and physical activity habits, to help you
control your weight?

If so, then why not join the **FREE**
Weight Management Programme

8 Week programme:

ST AUSTELL

Wednesday 3rd Aug – 21st Sept 2011

From:

9:45 – 11:45 am

CAMBORNE

Wednesday 3rd Aug – 21st Sept 2011

From:

2:00 – 4:00 pm

BOOKING IS ESSENTIAL

**To request your registration
pack, please call 01209 310063**