

Are you motivated and ready to make changes to your weight and lifestyle?

If achieving a healthy weight is proving challenging your local authority is here to support you. Why not try a **FREE 12 week course** to help you reach your life style goals?

You can choose from one of the following options with or without a referral from a Health Professional:



Foundation

Football Fans in Training delivered by Middlesbrough Football Club Foundation.

For more information call **01642 757674**

<https://www.efitrust.com/fitfans/>

Slimming
WORLD

because you're amazing

To start your registration for your **FREE 12-week** referral to Slimming World scan the QR code for your area



REDCAR & CLEVELAND



MIDDLESBROUGH

or call **01773 546335**

to receive a paper copy of the questionnaire



(formerly Weight Watchers)

For more information call **0345 602 7068** quoting **WWRS109**

www.ww.com/uk/middlesboroughredcarcleveland

All you need to qualify for the above is:

- Be a resident of OR individual who works in the Middlesbrough and Redcar and Cleveland area
- Have a BMI ≥ 27 with no significant health issues (BMI ≥ 25 in South Asian populations)
- Be aged 16+
- Be motivated and ready to make lifestyle changes

