

Why weight...?



This 12 week programme includes:

- Weekly weight and waist check
- Gentle exercise classes
- Healthy eating advice
- Ongoing personal Support

FREE 12 WEEK PROGRAMME

Sign up for the **WHY WEIGHT...?** plan today...
It's **FREE** and will give you the tools to
manage your weight more effectively*

For more information and to book your place
call on 01732 227000

* for individuals with a body mass index
(BMI) over 30

ONE YOU KENT

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