



EAT WELL MOVE MORE FEEL BETTER



Healthy Us

Support to reach a
healthy weight

- Free 12 week adult weight management course
- One hour online sessions
- For anyone living in Wiltshire, aged over 18 and with a body mass index (BMI) above 28
- Lose weight and keep it off!
- Weekly session topics include: balanced nutrition, emotional eating, snacking, eating out and physical activity

To join a course, get in touch with us at the Wiltshire Health Improvement Hub on:

Phone: 0300 003 4566 (Select Option 1)

Email: health.coaches@wiltshire.gov.uk

Facebook: [@wiltshirehealthimprovementhub](https://www.facebook.com/wiltshirehealthimprovementhub)

Website: wiltshire.gov.uk/public-health-weight-adults