

Improving Lives, Promoting Health

Are you ready to lose weight?

If yes, then why not attend our free
six week

Weight Management Programme

This is an opportunity for people to learn about basic nutrition, healthy eating and practical cooking. Also to understand the benefits of exercise.

***You will learn how to eat a healthy diet, lose weight
and improve your fitness***

- Simplify the process of losing weight.
- Provide plenty of real world practical applications
- Explain modern day diets
- Give you specific advice from a trained and qualified professional.



Its all about creating healthy habits rather than restrictions



WEIGH FORWARD

Living Well
Sefton

Next Course starts

When: Thursday 19th August

Time: 1.30pm to 3.00pm

*To book your place or for more
information*

please call : 0151 291 8010

Netherton Feelgood Factory | Glovers Lane | Netherton | L30 5QW | info@feelgoodfactory.org.uk |

Registered Charity Number 1074508, Company Limited by Guarantee 3614799