

# Kickstart the new year with a FREE 12-week personalised Weight Management Programme

Starting in January in the Hammersmith and Fulham community!

## How it works

### Peers



Weekly group sessions in a supportive peer environment

### Support



Personalised support from Registered Nutritionists and Dietitians

### Learn



Learn about topics such as nutrition, exercise, sleep and stress management

### Track



Receive tools such as our bespoke handbook, recipe book and food diary to help you stay on track

## How to apply

Scan the QR code to check your eligibility and learn about the programme details.



Once you've registered your interest, our team will contact you to confirm your place.

Spots are limited. Don't miss out!