

WHY WEIGHT

FREE 12 WEEK PROGRAMME

**Do you have
2 stones to lose?**

Sign up for the

WHY WEIGHT Plan Today

It's **FREE** and will give you
the tools to manage your
weight more effectively

This 12 week programme includes:

- Weekly weight and waist check
- Gentle exercise classes
- Healthy eating advice
- Ongoing Personal Support
(continues after the 12 week programme)



**For more information call the
Healthy Living Team
on 01322 311265**

**Or e-mail
info@hlcdartford.co.uk**

**Making healthier choices
easier in Dartford**

