

Choose to Lose Weight Loss Programme

at Girdwood Community Hub



Choose to Lose is an evidence-based 12-week programme which includes a FREE weigh in every week, along with information and tips to achieve safe, gradual and sustainable weight loss.

Participants will have the opportunity to:

- Have their BMI calculated
- Get free recipes
- Learn how to make their diet healthier
- Make positive changes to manage their weight
- Lose weight sensibly with group support
- Take part in some low- level exercise
- Meet up with others and have some fun!



When?

Every Thursday at 9:45-10.45 starting from 2 May 2019

Where?

We are meeting at reception in Girdwood Community Hub

Who?

Everyone is welcome over 18 years old
However, if you have any conditions; please check with your GP before attending.

If you have any questions contact Kerri on 028 9504 5257

There is also
an optional walk from
11am at Girdwood
after the session

