

Eat well, lose weight, feel better



Join Our **FREE Adult Weight Management Programme** for those living with mental health challenges

The most important reason to lose weight is to make you feel better. Being overweight or obese puts you at higher risk of developing Type 2 Diabetes, cancer, or having a stroke or heart attack.

We know that losing weight is not always easy, but Healthy You is here to help. We have **FREE** adult weight management groups across Cambridgeshire and Peterborough as well as online groups.

Find out more overleaf...



Helping you to manage your weight

Join Our FREE Adult Weight Management Programme for those with lived experience of mental health challenges

- We offer both face-to-face and virtual groups across Cambridgeshire and Peterborough with lived experience of mental health challenges
- Groups run once a week for 12 weeks, each session lasts for 60-90 minutes
- Healthy eating advice and discussions followed by an exercise based activity session
- Support with setting achievable goals to help you with positive lifestyle changes and sustainable weight loss
- Our friendly, inclusive groups are led by Nutritionists and Physical Activity Specialists

Who is it for?

Our Adult Weight Management groups offer a friendly environment for those who have lived experience of mental health challenges. The programme is designed to help you make positive changes to your health and wellbeing.

Eligibility

- Anyone aged 16+ who lives in Cambridgeshire or Peterborough
- Or registered with a GP in Cambridgeshire or Peterborough.
- Your BMI needs to be equal or greater than 25
- A diagnosis of a mental health condition or referral from a registered mental health charity

For more information:

Email: signup@healthyyou.org.uk

Text: **signup** to **60777**



@HealthyYouCP



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Healthy You