

Eat well, lose weight, feel better



Join Our **FREE** Adult Weight Management Programme for learning disabilities



- Face to face weight management groups for adults with a learning disability in Cambridgeshire and Peterborough
- 90 minute sessions, once a week, for 12 weeks.

Is this for me?

- You are aged 16 years or over
- You live in Cambridgeshire or Peterborough
- You have a learning disability
- You have a BMI of over 25
(we can help you check this!)



For more information:

Email: signup@healthyyou.org.uk

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