

# Need help to lose weight?



We offer lots of options to understand food choices and to help you find tasty, small changes to help you lose weight for good. They are also fun and sociable, giving you the chance meet people who, just like you, want to get fit and lose weight.

## What we offer...

- 12 weekly nutrition based workshop delivered by our fully Qualified Nutritionist (45 minutes), plus Physical Activity Classes run by Physical Activity Specialist (45 minutes).

## Alternatively

- 12 weeks access to Slimming World or Weight Watchers Classes



## Who can lose weight with us?

- Anyone aged 16+ who lives or works in Southend
- Or registered with a GP in Southend.
- Your BMI needs to be equal or greater than 30 or 27.5 with additional health conditions or people from ethnic backgrounds including Black and Asian



What do I do now?

Visit: [southend.everyonehealth.co.uk](https://southend.everyonehealth.co.uk)

Email: [eh.southend@nhs.net](mailto:eh.southend@nhs.net)

Tel: **0333 005 0095**

It's all  
**FREE!**