

Do you feel you are overweight?

Have you been putting on the pounds recently?

Are you ready to create healthier habits?

Weight Off Workshops

FREE

FREE* 12 week sessions day/evenings at various times and locations across the District.

Our workshops focus on weight loss, physical and emotional wellbeing along with advice and tips for sustainable lifestyle improvements.

 @horshamhealth

 Horsham District Wellbeing

For more information on upcoming course dates and locations call **01403 215111** or email info@horshamdistrictwellbeing.org.uk

*horsham district
wellbeing*



Horsham
District
Council



WOW

Weekly workshops offer:

- Nutritional advice to help you lose weight
- Interactive sessions
- A toolkit of resources to help you make sustainable changes
- Support from a small group of like-minded individuals



WOW Plus

In addition WOW Plus offers:

- Physical activities for those who are able to participate
- Includes circuit-based sessions to suit your current level of fitness
- Low impact and seated options available

* Terms and conditions apply