



Healthy Weight For Life

All
FREE!

Come along for:

- ♥ Healthy lifestyle advice
- ♥ Weight Loss Support
- ♥ Discussions and quizzes
- ♥ A work-out with a qualified fitness instructor



Weight Management Group Starting January 2010

Belle Vue Centre - every Tuesday 12pm till 1pm
St Hild's School - every Wednesday 5.30pm till 6.30pm
Owton Rossmere Resource Centre - every Friday 4pm till 5pm

From the Weight Management Service, Hartlepool

FOR FURTHER INFORMATION CONTACT 01429 284352

www.hartlepool.gov.uk/forlife

Email: healthandenvironment@hartlepool.gov.uk

Hartlepool
Primary Care Trust

