

# FREE - FRESH - FRIENDLY WEIGHT MANAGEMENT EDUCATION PROGRAMME

**1** Designed to help you understand your body and achieve long-term results!

**2** Not the usual one-size-fits-all formula: no guilt, no calorie-counting or yoyo dieting!

**3** Give yourself a better chance to succeed by working in harmony with your body.

**4** Your individuality, your experience and frustrations matter here. Learn what is missing to make sense of your journey.

**5** Six total sessions online or face-to-face as you prefer. Email us on [we.connect@nhs.net](mailto:we.connect@nhs.net)