

HEALTHY WEIGHT PROGRAMME

Weight Matters

Would you benefit from a healthier, more balanced diet, being more physically active or controlling your weight?

Do you suffer with type 2 diabetes, high cholesterol, high blood pressure or other weight related issues?

If so, The Healthy Weight Programme offers FREE courses to help you!

Weight Management	Healthy Eating and Cooking	Physical Activity
<p>A FREE nutrition, physical activity & behaviour change programme for 2 hours a week over 8 weeks. This programme will help you make positive lifestyle changes & assist with weight loss</p>	<p>A FREE healthy eating & cooking course for 2 hours a week over 6 weeks. This course will provide the skills & confidence to make positive changes to your diet whilst learning some healthy, tasty recipes</p>	<p>A FREE low intensity exercise session for 1 hour a week over 8 weeks. This course will help improve health and fitness levels in a fun and friendly environment</p>

You can choose to take part in just one or all three courses, which are taking place all over the county.

BOOKING IS ESSENTIAL!

To find a course near you call us on: **01209 310062**

Alternatively you can email on:

WeightMatters@Cornwall.NHS.UK

For more info have a look on our website:

www.weightmatters.org.uk

