

Free 12 week Weight Management courses

Take our free 12 week weight management course and discover a sustainable approach to weight loss.

We hold fun and supportive 1 hour group sessions every week. Learn about the relationship between activity, weight and nutrition.

Mondays

The Ralph Perring Room, Golden Lane from 11:00-12:00 starting on **9th July**

Mondays

The Ralph Perring Room, Golden Lane from 17:30-18:30 starting on **9th July**

Tuesdays

Artizan Library, 10:30-11:30 from **19th June**

Tuesdays

Barbican Library, 17:30-18:30 from **26th June**

Tuesdays

City Business Library, 19:00-20:00 from **26th June**

Thursdays

Portoken Community Centre (ground floor), 13:00-14:00 from **14th June**

Fridays

Shoe Lane Library , 13:00-14:00 from **15th June**

Book via:

0207 616 2338, city@livingwise.org.uk or livingwise.org.uk/city