

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 - 11:00 to 12:00 starting on **22nd Oct**

The Ralph Perring Room, Golden Lane - 17:30 to 18:30 starting on **22nd Oct**

Tuesdays

Artizan Library - 11:00 to 12:00 starting on **16th Oct**

Tuesdays

Barbican Library - 18:15 to 19:15 starting on **16th Oct**

Fridays

Shoe Lane Library - 13:00 to 14:00 starting on **26th Oct**

Saturdays

Golden Lane Community Centre - 10:00 to 11:00 starting on **27th Oct**

*times listed are the general course times. Please note, the first session will be 1.5 hours

Book via:

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