

# 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 **11th Feb**

The Ralph Perring Room, Golden Lane - 17:30 to 18:30 starting on **11th Feb**

## **Tuesdays**

Artizan Library - 11:00 to 12:00 starting on **19th Feb**

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

## **Wednesdays**

St Botolphs Without Aldgate - 09:15 - 10:15 starting on **23rd Jan**

## **Saturdays**

The Golden Lane Community Centre - 10:00 to 11:00 starting on **23rd Feb**

\*The first session will last 1.5 hours, with the remaining sessions lasting 1 hour.

\*\*Limited one to one sessions also available

**Book via:**

**0207 616 2338, [city@livingwise.org.uk](mailto:city@livingwise.org.uk) or  
[livingwise.org.uk/city](http://livingwise.org.uk/city)**