

Weigh Better

L I F E



The Weigh Better Life 12 week course focuses on sustainable weight loss for life

Tuesdays - 10.15am Hampers Hall, Petworth

Wednesdays - 10.15am The Grange, Midhurst

Wednesdays - 6.30pm, Westgate Leisure Centre

Thursdays - 9.30am, Westgate Leisure Centre

Thursdays - 11.45am, The Selsey Centre, Selsey

Virtual evening courses are also available

The free course includes educational videos, an informative handbook, recipes, group support and advice from a registered nutritionist.

For more information contact us:

 **Call 01243 521041**

 **Email weighbetterlife@chichester.gov.uk**

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