

# Burham, Would you like to Lose Weight?

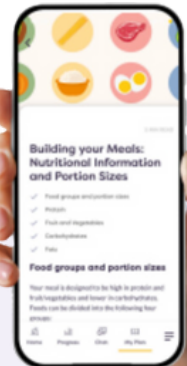


The Counterweight Plan is a programme that helps people to lose 5-10% of their starting body weight in six months and keep it off!

## Learning modules that cover topics such as:

- ✓ Weight loss goals and energy requirements
- ✓ Healthy eating and getting active
- ✓ Understanding food labels
- ✓ Healthy shopping, cooking and eating out
- ✓ Eating habits and emotions
- ✓ How to prevent slip-ups and relapsing
- ✓ Maintaining your weight loss permanently

Delivered via app and online group sessions



Programme starts Tuesday 7th November 2023 at 6-7pm, Spaces are limited, and come on a first come first served basis

Our body of proven medical evidence shows that when people set realistic goals on The Counterweight Plan, 70% of them lose weight and keep it off.



How to Enrol: Contact via telephone or email



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