

want to lose weight & get fitter?

We are offering the acclaimed My Weight Matters programme here for FREE!

- Award-winning programmes with proven success
- No fad diets – all programmes follow NHS guidance
- No groups – brief individual support (get weighed and pick up your weekly pack)

**Every Tuesday, drop in between 10.30am & 11.30am
at RRAVS, Civic Suite, 2 Hockley Road
Rayleigh SS6 8EB**

To get started simply call the weight management helpline
and book your free place:

0800 022 4524 (option 3)

or register at our centre

