

# FREE

## WEIGHT LOSS SUPPORT

Northcroft Leisure Centre

26th June – 11th September

Wednesdays 13:00-14:00

Northcroft Lane, Newbury RG14 1RS

Kennet Valley Free Church

9th July – 24th of September

Tuesdays 19:30-20:30

Fords Farm, Carters Rise,  
Calcot, Reading RG31 7YT

Lambourn Centre

10th July – 25th September

Wednesdays 18:00-19:30 (Exercise inc.)

Close End, Lambourn,  
Hungerford RG17 8PN

John O'Gaunt School

10th July – 25th September

Wednesdays 18:30-19:30

Priory Rd, Hungerford RG17 0AN

Frank Hutching's Community Hall

11th July – 26th September

Thursdays 19:15-20:45 (Exercise inc.)

Bradley-Moore Square  
Thattham RG18 4QH



Eat4Health

Eat4Health are offering free nutrition and healthy lifestyle sessions to learn about nutrients, portions, snacking, emotional eating & more!

If you are 16+, have a BMI of >25 and feel committed to losing weight then please contact us!

1 hour & 1.5 hour sessions for 12 weeks with and without exercise options  
Self refer online or over the phone!

0118 449 2036  
www.eat-4-health.co.uk  
info@eat-4-health.co.uk

Eat4Health Berkshire  
@Eat4HealthWB  
@eat4healthberks

Solutions4Health

West Berkshire Council

Reading Borough Council  
Working in line with you

Slough Borough Council

Week 1	Getting started
Week 2	Getting the balance right
Week 3	Eating well and portion size
Week 4	Goals and rewards
Week 5	Food labels made easy
Week 6	Getting more active

Week 7	Triggers and solutions
Week 8	Fatty facts
Week 9	Making sense of sugar
Week 10	Change your life for good
Week 11	Eating out and alcohol
Week 12	Staying successful