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
Thatcham RG18 4QH

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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!

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**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

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**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

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