

Do you want to make a change?

Adult Weight Management Group

'Would you like to lose weight and improve your health?'

Why not join one of our FREE & friendly groups

Chatteris Kind Edward centre

Monday morning

March Community centre

Monday evening or Friday morning

Wisbech Rosmini centre

Tuesday afternoon

Wisbech Oasis centre

Wednesday evening

Whittlesey St. Andrews parish hall

Thursday afternoon

For more information about the group, please call Change Point (Everyone Health) on 0333 005 0093



A personalised free local lifestyle service for you.

Make the change today

 Call **03330 05 0093** or email

 changeointcambs@everyonehealth.co.uk

Please note exclusions apply.

*Reduced rate number, Mon-Fri, 8am – 6pm. 24 hour voicemail.

ChangePoint.

 **Cambridgeshire
County Council**

**everyone
HEALTH**