

The background of the entire page features a woman in profile on the right side, wearing a black headset with a microphone. She has dark hair and is looking downwards. In the background, a group of people is blurred, appearing to be in a gym or community center setting. The overall lighting is bright and indoor.

Ready for a new you?
Join a **local** weight management programme!



Learn how to achieve long term weight loss with Weigh-2-Go

Join a **FREE** 10 week programme for adults wanting to lose weight and make lifestyle changes with the help of their GP or pharmacy.

Weigh-2-Go combines practical advice on nutrition and exercise with goal-setting and weekly weigh-ins.

Exercise classes at Rosemary Conley

Get into shape with Rosemary Conley Diet and Fitness Clubs. NHS referred patients will receive half price membership and 12 weeks of classes at a reduced cost.

www.kingstonpct.nhs.uk

For more information contact the Lifestyle Coordinator on 0800 028 8694



A decorative graphic of several overlapping leaf silhouettes in shades of green and brown is positioned to the left of the 'Weigh-2-Go' heading.

Weigh-2-Go

Join a successful Weigh-2-Go programme near you!

The course is delivered in group or individual sessions in GP surgeries and community pharmacies, helping you to achieve long term weight loss and improved health.

And Weigh-2-Go works! The pilot saw 75% of participants manage to lose weight and 20% reduce their body weight by more than 5%.

For more information and a list of participating pharmacies and GP surgeries go to the NHS Kingston website or call the Lifestyle team on 0800 0288694

Rosemary Conley

Get into shape with the help of Rosemary Conley Diet and Fitness Clubs!

Classes combine dietary advice, help with changing your lifestyle and safe, effective exercise at every class. There is a choice of classes held throughout Kingston.

Visit the NHS Kingston website for class information and to download a referral form.

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