

Weigh Ahead

Looking to get in shape?

Come along to our **free** group to help you reach and maintain a healthy weight.

Sessions include:

- Healthy eating
- What is a portion size
- Importance of exercise
- Information on 5 a day
- Free recipes

The Energise Centre
3 Douglas Green
Salford
M6 6ES

Starting Friday 12th January 10am-12pm

For more information contact Donna Allan
(Health Improvement Service)

Tel: **0161-686-5405**

e-mail: donna.allan@salford.gov.uk

Energise Centre
Live life to the full

Weigh Ahead

Looking to get in shape
Come along to our **free** group to help you reach
and maintain a healthy weight.

Sessions include:

- Healthy eating
- What is a portion size
- Importance of exercise
- Information on 5 a day
- Free recipes

The Energise Centre
3 Douglas Green
Salford
M6 6ES

Starting Friday 12th January 10am-12pm

For more information contact Donna Allan
(Health Improvement Service)

Tel: **0161-686-5405**

e-mail: donna.allan@salford.gov.uk

Energise Centre
Live life to the full

Salford City Council