

# 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 12<sup>th</sup> January 10am-12pm**

For more information contact Donna Allan  
(Health Improvement Service)

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**Energise Centre**  
Live life to the full

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