

If you would like to lose some weight...

**Choose  
what  
works  
for you**

**12  
Weeks  
FREE**



© World Obesity



*getslim*  
get healthy



*Slimming*  
WORLD  
Partnerships

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T&Cs apply see website for details





**Losing weight isn't easy, but with the right support you can do it in a safe, healthy way and learn how to maintain a healthy body weight for life.**

Living with a healthy body weight can benefit your mental and physical health. You will have more energy to do the things you love, which helps you to feel good inside too!

Whether you have a few stubborn pounds or more you would like to lose, joining a weight management programme can be really helpful and make all the difference.

Here at Living Well we know that finding the right programme for you is an important decision and often the cost can put you off trying something new. This is why we've teamed up with no less than four organisations to offer all adults living in Bradford

district with a BMI of 25 or more the chance to try one of these programmes for 12 weeks absolutely free – there's no catch and no contract.

They offer practical advice and support, tasty recipes, useful tools and individual meal plans. Some of them include dedicated men's sections whilst others offer culturally diverse meal plans, workouts and weekly meetings.

**You just need to choose what works for you!**

Visit our website to find out more and start your free membership.

# 12 Weeks FREE



Weight Watchers (WW)  
ShapeUp4Life  
Slimming World  
GetSlim

To get this offer you must:

- Be 18 years or over
- Live in Bradford district
- Have a BMI of 25 or more

The wording in this leaflet can be made available in other formats such as large print and Braille. Call 01274 438884.

**mylivingwell.co.uk**

