



Essex  
Wellbeing Service

**FREE**  
My Weight  
Matters  
weight  
management  
programme



Call **0300 303 9988** now to register  
for your first appointment

Drop in face to face sessions once registered



[www.essexwellbeingservice.co.uk/myweightmatters](http://www.essexwellbeingservice.co.uk/myweightmatters)