



Essex  
Wellbeing Service

**FREE**  
My Weight  
Matters  
weight  
management  
programme



Thursdays 7pm - 8pm and Saturdays 9:30am - 10:30am

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)