



**Essex
Wellbeing Service**

FREE
**My Weight
Matters**
**weight
management
programme**



Community360
One Colchester Community Hub,
4-6 Long Wyre Street, CO1 1LH

Tuesdays 10:30am - 1pm

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

Drop in face to face sessions once registered

www.essexwellbeingservice.co.uk/myweightmatters