



**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 - 1:00pm

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

Drop in face to face sessions once registered

www.essexwellbeingservice.co.uk/myweightmatters