



**Essex
Wellbeing Service**

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



**RAFA Club
Howbridge Road
Witham CM8 1BX**

Wednesdays 9:15am - 11:45am

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

Drop in face to face sessions once registered

www.essexwellbeingservice.co.uk/myweightmatters