

Choose to LOSE



A free weight loss service that supports local people to make changes to lose weight and keep it off

- Free initial health check (inc welcome pack)
- Free weigh ins
- Access to physical activity sessions
- Access to educational workshops
- One to one advisor support
- Personalised weight loss plan
- Motivational tips and resources

**Better
Health**

Let's
do this



LIVE ACTIVE

NHS

Pennine Care
NHS Foundation Trust

Be Well Tameside and the Live Active Service have been supporting people to achieve a healthier lifestyle for many years and are now working together to help you lose weight and live your best life.

Making small, simple changes can really help you shed the pounds, this is not always easy but having the right support will give you the best chance of success.

‘We can help you find the right way to lose weight and feel great’

To find out more and sign up to the programme contact us on:

Be Well Tameside

Tel: 0161 716 2000

Email: Bewelltameside@nhs.net

f @Bewelltameside **t** @Bewelltameside

@ Bewell_tameside

Live Active

Tel: 0161 366 4860

Email: liveactive@activetameside.com

f @activetameside **t** @active_tameside