

Want to lose weight?

With our help you can



If you are overweight or obese, losing **10% of your body weight** can dramatically reduce your chances of ill health such as heart disease, cancer and type 2 diabetes.

The NHS offer free, fun, friendly and informal six week courses in your local area.

Call 0845 053 3302



Weight Matters is a free NHS weight loss service

Our effective 6 week courses help you choose a balanced healthy diet, keep an eye on portion size, read food labels, make the right choices when eating out and get more active. No special diets, just simple small changes can really make a big difference to your health and your weight!

Courses are held around Tameside and Glossop
- book now on **0845 053 3302**.

Not sure it's what you need? Come along to one of our drop-ins to get weighed, meet our qualified Trainers and find out more.

Drop-in sessions are on:

Monday

11.00 - 11.30 AM Denton Festival Hall, Peel Street, Denton
5.30 - 6.15 PM Gamesley Community Centre, Melandra Castle Road, Gamesley, Glossop
5.30 - 6.30 PM Houghton Green Centre, Tatton Road, Denton
6.00 - 6.30 PM Ashton Primary Care Centre, Old Street, Ashton

Tuesday

12.30 - 1.00 PM Oxford Park Leisure Centre, Pottinger Street, Ashton
6.30 - 7.00 PM Union Street Clinic, Union Street, Hyde

Wednesday

9.30 - 10.00 AM Hyde Healthy Living Centre, Great Norbury Street, Hyde
1.00 - 1.30 PM Ashton Primary Care Centre, Old Street, Ashton

Saturday

10.30 - 11.00 AM Ashton Primary Care Centre, Old Street, Ashton

Our Weight Matters service is completely free and open to men and women aged 16 and over

NHS
Tameside and Glossop

Tameside
Metropolitan Borough
Great lives, excellent services

For more information call The Health Improvement Service on **0161 366 2000**