

# ONE YOU WALSALL

Would you like to lose weight  
To feel healthier and be in control

You can join us **FREE** at any time

We include

- Setting your own goals
- Eating more healthily
- Being more active
- Improving your emotional wellbeing
- Behaviour change



We can support you individually or in groups  
With optional workshops, weigh ins and exercise  
Free Silmming World vouchers may apply

**FOR MORE INFORMATION CALL 01922 444044**

mytimeactive



Walsall Council