

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