

FREE healthy lifestyle support for families in Gloucestershire

SPACES AVAILABLE on 12-week community weight management programmes start soon!



Fun activities!



Cooking tips!

MONDAY
(from 18th Sept)

TUESDAY
(from 19th Sept)

WEDNESDAY
(from 20th Sept)

THURSDAY
(from 21st Sept)

Kingfisher Church
Moor Street, Gloucester, GL1 4NJ
16:30 – 18:30

St Barnabas Church
Stroud Road, Gloucester GL1 5LJ
16:30 – 18:30

Miners Welfare Hall
Wesley Rd, Cinderford GL14 2JN
16:30 – 18:30

St Marks & Hesters Way Community Centre
Brooklyn Rd, Cheltenham GL51 8DS
16:30 – 18:30

Gloucester

Gloucester

Cinderford

Cheltenham

Eligibility criteria: Support available for families with children aged 4–18 who are above ideal healthy weight, and are registered with a school or GP in Gloucestershire. SEND support also available.

REFER IN 2 MINS!

