



HAVERING WEIGHT LOSS PROGRAMME

HELPING **EVERYONE** STAY HEALTHIER FOR LONGER

A free and inclusive adult weight loss support service brought to you by Everyone Active in Havering, led by qualified weight management and exercise specialists.



For Havering residents aged 18+ with a BMI of between 25 and 44.9 (adjusted to a BMI of 23 in people of Black African, African-Caribbean and Asian origin)

12 week programme

We can support you to make changes to your lifestyle which result in sustained weight loss, and have fun along the way

- 1hr education session
- 45min exercise session
- One year follow up support to help continue positive changes

We accept self-referrals or referrals from health professionals.

For more information including course dates, referral criteria and online referral form:

www.everyoneactive.com/live-healthier-havering

*We advise that individuals should consult with their GP prior to starting any new exercise or nutrition programme.

Contact us at:

haveringweightmanagement@everyoneactive.com
01708 463181



Everyone Active manages these facilities in partnership with London Borough of Havering