

Kickstart your weight loss

Online & face to face programmes

Portion sizes

Free exercise classes

FREE 12 week programme

Healthy Snacks



ShapeUp4Life

Free support to lose weight and keep it off

Want to lose weight... and KEEP IT OFF?

The **FREE** weight management, nutrition and exercise programme serving Wiltshire

New course: Marlborough Community Centre
Wednesdays

1.00 - 2.30 pm

CALL NOW TO BOOK!

0800 246 5877
www.shapeup4-life.co.uk
shapeup4life.wiltshire@nhs.net

Text 'ShapeUp' to 66777
@SU4LWiltshire
@SU4LWiltshire