

FREE

Eat 4 Health are offering a variety of free nutrition and healthy lifestyle sessions, some with light exercise to help you lose weight, control diabetes & get fitter.

If you are 16+ and have a BMI of >25 committed to losing weight then please contact us!

Courses at: Northcroft Leisure Centre, Newbury
Wednesdays 3/4/19 - 19/6/19 13:00-14:00

John O'Gaunt School, Hungerford
Wednesdays 3/4/19 - 19/6/19 18:30 - 19:30

Nuffield Health, Fitness & Wellbeing Gym, Newbury
Thursdays 4/4/19 - 20/6/19 19:20 - 20:50

Frank Hutchings Community Hall, Thatcham
Thursdays 11/4/19 - 27/06/19 19:15 - 20:45

Kennet Valley Free Church, Calcot
Tuesdays 16/4/19 - 2/7/19



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@Eat4HealthWB
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Week 1	Getting started	Week 7	Triggers and solutions
Week 2	Getting the balance right	Week 8	Fatty facts
Week 3	Eating well and portion size	Week 9	Making sense of sugar
Week 4	Goals and rewards	Week 10	Change your life for good
Week 5	Food labels made easy	Week 11	Eating out and alcohol
Week 6	Getting more active	Week 12	Staying successful