## Slimming World

FOOD

the UK's favourite way to lose weight\*

touching hearts, changing lives for 45 years

Enjoy all your favourite meals

- Lose weight without ever going hungry
- Receive a truly warm welcome to a world of support...

...on your journey to a happier, healthier, slimmer lifel

## slimmingworld.com

\*More people choose to attend a Slimming World group each week than any other weight loss group. Would you like help to lose weight?

Occupational Health has joined forces with Slimming World to offer staff a 12 week referral scheme at their local Slimming World group. This will cost staff £45 which has been subsidised by Occupational Health.

For further details please contact Occupational Health on 01253 957950 or <u>Occupational.health@bfwh.nhs.uk</u>



