



Weigh to go



Are you interested in improving your health and losing weight? Think about Weigh to Go. It is a different way to manage your weight that includes an exercise session alongside health checks, weigh-ins and education sessions. Ongoing support continues for up to one year and will equip you with the tools to maintain a healthy weight.



- **Vibrant Communities**
- **Weigh to go Killie, Rugby Park, Kilmarnock – men only group sessions .**
- **The Galleon Centre, Kilmarnock – mixed group sessions.**



"I liked the education games on fat and sugar - it's shocking when you find out what's in what!"

"The staff are very supportive and approachable."

"I felt the whole programme was excellent."



We've got an app! Search for NHS Ayrshire and Arran in your app store and, then select the Healthy Weight option to learn more.



To find out more please call **01563 554418** or email **Clinical_healthyweightayrshire@aapct.scot.nhs.uk**.

Follow us on Facebook – search for **@healthyweightayrshire**.