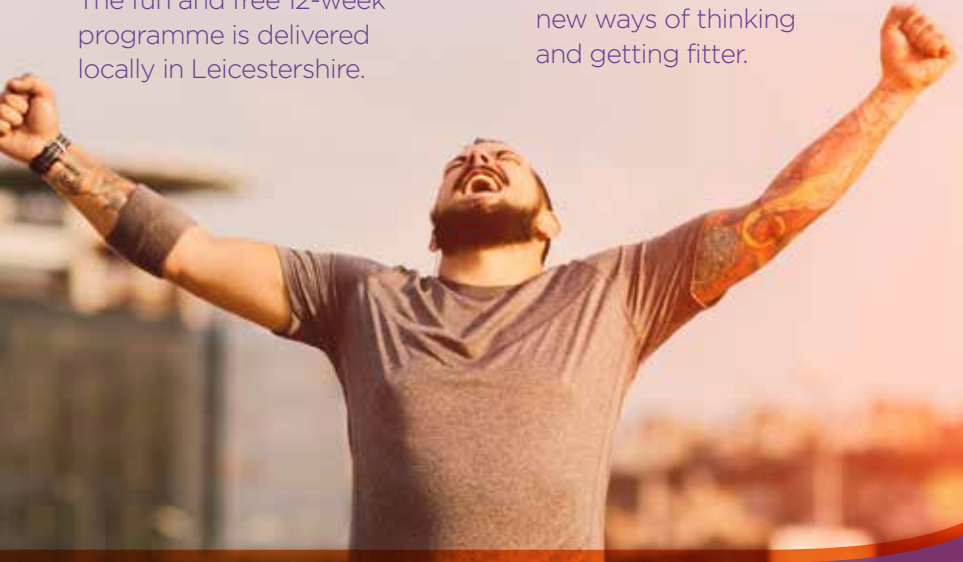


CHALLENGE YOURSELF TODAY

Men's Weight Management can support you to gain control of your health by getting mentally and physically fitter.

The fun and free 12-week programme is delivered locally in Leicestershire.

Join interactive group sessions that focus on preparing and eating healthy meals and supports you in finding new ways of thinking and getting fitter.



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www.leicestershirowms.co.uk/adults/mens-service

Please note, spaces are limited and services are available subject to eligibility.