

LOSE a little
weight

GAIN

A LOAD

More life

Do you live in Essex?

Are you aged 17 and over?

Do you have a BMI of 35 or over and want to get healthier?

Talk to your GP about getting a FREE place on a MoreLife weight management programme.

MoreLife programmes are for adults who want to lose weight and gain a load more life. They are designed to give you a greater understanding of how to manage your weight and how to become more active, so that you can start to live healthily ever after.

MORE life

LIVE HEALTHILY EVER AFTER

About MoreLife adult services.

Developed and tested by a team of specialists, our weight management services give you the support and tools you need to achieve your health goals. We prove it's never too late to make a long-lasting change.

The MoreLife team combines years of expert knowledge with compassion. We have a deep understanding of the challenges that can be experienced by individuals who struggle with their weight. Our specialist weight management programme is funded by the NHS so is free for you to access.

What happens on a MoreLife programme?

We'll start by assessing you and your individual needs, then a personalised plan will be created to help you move more, eat better and improve your mental health and well-being. Our team of specialists are here to help you reach your goals and include GPs, Dietitians, Psychologists and physical activity leaders.



What should you do next?

Talk to your GP about accessing a FREE MoreLife weight management service and start your journey today.

For more information call: **0800 038 9050**
or visit: **www.more-life.co.uk**

