

## **Wellbeing Service sessions / clinics in community venues**

The Wellbeing Service is running free weekly weight management sessions. These include a weigh-in and waist measurement each week to track your progress, as well as advice on topics such as portion size, reading and understanding food labels, cooking on a budget, physical activity and goal setting. There are free resources to take home, such as an eatwell guide, traffic light label reader, portion information and a food diary which you're encouraged to fill in so that the Wellbeing Worker running the group can help you identify any areas where you could improve your eating habits. The groups are relaxed and supportive, with members helping each other achieve their weight loss goals.

<b>Venue</b>	<b>Day</b>	<b>Time</b>
Tesco Fratton Community Room	Monday	1pm-3pm
Charles Dickens Activity Centre	Wednesday	9.30am-11am
Nuffield Health, Alexandra Park (PO2 9PB)	Wednesday	6-7.30pm

You need to attend the session from the starting time to ensure that you don't miss out on any of the information being provided or the weigh-in.

To book a place, or for more information, contact [wellbeing@portsmouthcc.gov.uk](mailto:wellbeing@portsmouthcc.gov.uk) / 023 9229 4001.

A wider Wellbeing Clinic to help you quit smoking, lose weight or reduce how much alcohol you drink will be running at Paulsgrove Community Centre every Thursday from 9am-11am. There's no need to book, you can just drop-in at any time during the two hour clinic.

For details of Wellbeing Clinics taking place in GP surgeries visit:

<https://www.portsmouth.gov.uk/ext/documents-external/wellbeing-service-clinics-in-gp-surgeries-jan-2018.pdf>