

WEDNESDAY, 18 JANUARY 2012

## Winning Weigh weight management classes in Angus

**Angus residents are invited to come along to free Winning Weigh weight management classes to hear about healthy lifestyles and lose weight.**

'The Winning Weigh' is a 12-week programme run by trained staff from Angus Community Health Partnership. The weekly classes, which start again next week, will be held in:

- Arbroath Volunteer Centre starting Tuesday 24 January at 1pm
- Arbroath Abbey Health Centre starting Wednesday 25 January at 2.30pm
- Forfar Lochside Leisure Centre starting Wednesday 25 January at 12.30pm
- Brechin Leisure Centre starting Thursday 26 January at 1pm
- Montrose Leisure Centre Town Hall starting Thursday 26 January at 3pm

The Winning Weigh programme is not a diet; it aims to help people change their eating and exercise habits which in turn help them to lose weight. It is a friendly and interactive course designed specifically for people who are serious about taking on the challenge of losing weight.

Places are limited so anyone who is interested in joining can book a place by calling 01307 475228 leave their name and telephone number.

At each session trained staff will be available offering practical advice and encouragement to help people to adopt healthier lifestyle choices, improve fitness levels and reduce their body mass index.

Ongoing support will be available after the 12-week programme is completed, as staff will be running free drop-in sessions where people can just pop-in and be weighed, as well as have a chat.

Keep well Health Coach, Kaye Bruce, said, "Winning Weigh classes do not just focus on diet, the classes also offer support for people to encourage them to adopt healthier lifestyles. The programme is aimed at men and women who have a Body Mass Index (BMI) of more than 25.

"This new rolling programme will cover many health topics and people will hear about healthier eating, eating the right amounts of food for a healthy weight, getting enough exercise and making good lifestyle choices."

**Contact:**

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