



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

“Look at the difference Weigh to Go made to me.”
Nicky.



To find out more please call **01563 575412** or email **Clinical_healthyweightayrshire@aapct.scot.nhs.uk**.

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

LEAN



Do you have a medical condition and want to lose weight and improve your health?

The LEAN programme is delivered by dietitians and exercise specialists and explores the many aspects of life that affect your weight. It provides you with the skills required to take control of your weight in the long term.

The programme includes education on nutrition, relaxation, tailored exercise sessions, complementary therapies and practical cooking.



"I was able to reduce my diabetes medication."

"I feel 20 years younger."

"It boosted my confidence."

If you live in the Cumnock and Doon Valley area, there is also the **Dumfries House Health and Wellbeing Group**. This group works with local specialists to support you as a person with healthy eating, practical cookery, activity and well-being using complementary therapies and relaxation.



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