



# 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.



**"I liked the education games on fat and sugar - it's shocking when you find out what's in what!"**

**"The staff are very supportive and approachable."**

**"I felt the whole programme was excellent."**

**Please turn over for details of classes**



## South Ayrshire Council groups



- **Troon Concert Hall, Troon,**  
Mondays from 9.30am to 11am.
- **Citadel, Ayr,**  
Tuesdays from either 10am to 11.30am or 7.15pm to 8.45pm.
- **South Parish Church Hall, Girvan**  
Fridays from 11.15am to 12.45pm
- **Weigh to go 10**  
Group session for people with additional learning or communication needs. **Citadel, Ayr**  
Mondays from 1.30pm to 3pm



If you would like to join one of the South Ayrshire Council groups above, call **01292 269793** (option 3) or email **activityforhealth@south-ayrshire.gov.uk** to join.



## Weigh to Go Ayr United

**Ayr United Football Academy, Ayr,**  
men-only group sessions on Mondays  
from 6pm to 7.30pm.



If you would like to join call **01292 263435** (option 2) or email **shaun@ayrunitedfc.co.uk** to join.

