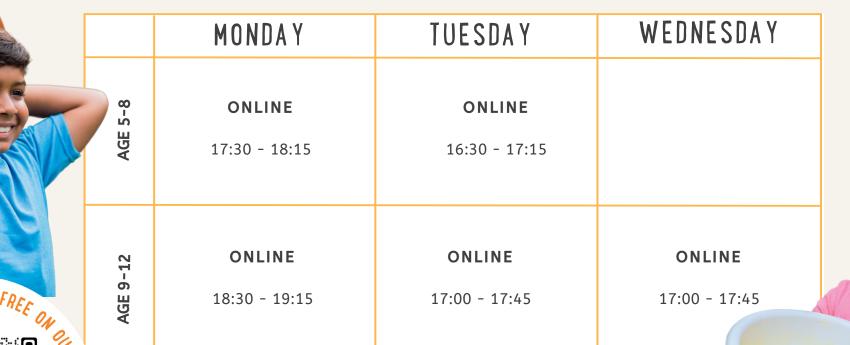
## HEY. FAMILIES OF THURROCK! WANT TO LIVE A HEALTHIER LIFESTYLE?



## KICK OFF THE NEW SCHOOL YEAR WITH HEALTHY HABITS AT OUR FREE FAMILY WEIGHT MANAGEMENT GROUPS!

NEW COURSES START W/C 26TH SEPTEMBER 2022 FOR 12 WEEKS



\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Thurrock and include one child age 5-15 who is above their ideal healthy weight.



