



## Do I qualify for FREE Weight Watchers or Slimming World on Referral?

Use your height and weight on the chart below to work out which weight category you are in. If you fall within the Obese or Very Obese Category and are 16 years or older you might qualify for a FREE referral to Weight Watchers or Slimming World group support for 12 weeks.

Please ask a member of staff for details.

