

Weekly



First 4 sessions
FREE then
£2 per session

New weekly sessions for all WOW graduates!
Weigh-in, chat, support, information and exercise*
every week.

Monday 11.30am – 12.30pm at K2 Crawley

Wednesday 7.00pm – 8.00pm at K2 Crawley

Come along when you feel
the need – every week or just
when it suits you.

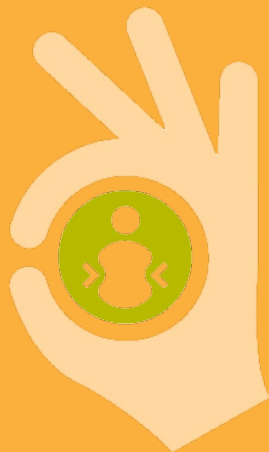
*Please note that exercise instructor may not be
GP referral qualified.

crawley wellbeing

01293 585317



Please bring this flyer to your first session



Name

WOW Course



HEART HEALTH

GENERAL WELL BEING SUPPORT GROUP -
WEIGHT LOSS SUPPORT

WEIGHT AND BLOOD PRESSURE CHECKS



Drop in – 10:30am - 12:30pm
3rd Thursday of every month

Post-Grad' Centre (opposite canteen)
Crawley Hospital, West Green Drive

**CHAT WITH OTHERS TRYING
TO ACHIEVE SAME GOALS.
PICK UP INFORMATION. SHARE TIPS
AND THINGS THAT WORK WELL.**

FOR MORE INFORMATION, PHONE 01293 600300 ext 3993