

# why weight?

Would you like to lose some weight?

Is your Body Mass Index over 30 or is your weight affecting your life?

Are you ready to make some small changes to your lifestyle?

If you answered YES to these questions, the Why Weight service is here to help!

We can arrange for you to attend a local weight management group for 3 months or more, FREE of charge.

**So WHY WAIT?**

Call us now to start making positive changes in your life.

**0300 123 0892** (Weekdays 9am-5pm)

Or visit [www.westsussex.nhs.uk/services-why-weight](http://www.westsussex.nhs.uk/services-why-weight)



**NHS**  
**West Sussex**

NHS West Sussex is the working name of West Sussex Primary Care Trust

change  
**4** life

Eat well Move more Live longer