**FRIDAY 10TH AUGUST**

**STOP SMOKING AND WEIGHT MANAGEMENT SERVICE WILL BE ATTENDING THE GUYWOOD PRACTICE 9am -12md.**

**THIS IS A WALK IN SERVICE AND REQUIRES NO APPOINTMENT**

Fed up of dieting and want to learn how to manage your weight?

Are you ready to make positive lifestyle changes to improve your health?

If so, then join our FREE weight management service Choose to Change

Choose to Change Weight Management Service

Choose to Change is a specialist weight management service helping adults make lifestyle changes that will enable them to lose weight and improve their health.

The **FREE** programme differs from traditional weight loss programmes as it encourages lifelong changes to eating habits rather than short term diets. It helps people overcome their barriers to weight loss, make sensible food choices and become more active. It has produced many successful results.

STOP SMOKING SERVICE

We offer free support to people across Stockport who want to stop smoking. Our friendly, experienced team can help you to quit long-term through one to one support.