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CYMRU  
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WALES

Bwrdd Iechyd Prifysgol  
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University Health Board

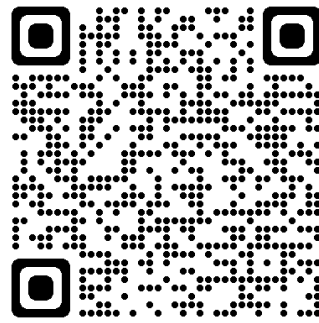


# Adult Weight Management

The adult weight management service, supports individuals to achieve a healthy weight and lifestyle. We offer a variety of interventions to suit everyone.

If you would like to find out more about how we can help you, and how to access support from us, please visit our website.

You can quickly find this by scanning the below QR Code:



Or via our full address:

<https://abuhb.nhs.wales/hospitals/a-z-of-services/weight-management-service/>

You can also call on 0300 303 4906 on Tuesdays and Thursdays 9:00-12:30 to complete your referral over the phone with a team member.