

Foodwise for Life

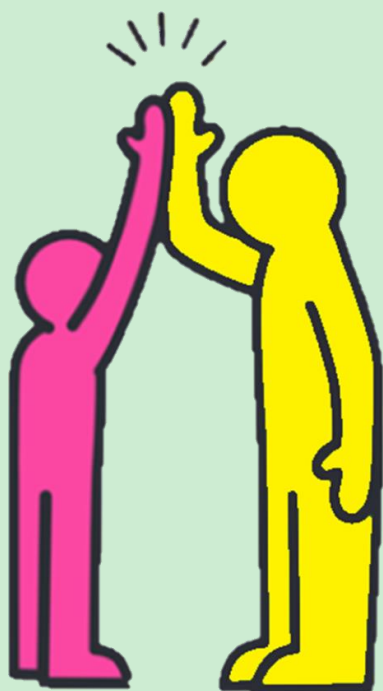


Is losing weight important to you?

Are you currently feeling motivated to lose weight?

Would you like to join a supportive group to learn more about achieving a healthy weight, share tips and encouragement?

Foodwise for Life is a 9 week weight management programme developed by the Public Health Dietitians in Wales



Learn more about:

- **A healthy way to lose weight**
- **Becoming more active**
- **Portion sizes**
- **Food labels**
- **Changing eating habits**
- **Dealing with hunger & cravings**
- **Overcoming barriers**
- **Healthy food swaps**

To find out more, contact us at:

Powys.PublicHealthDietetics@wales.nhs.uk



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Nutrition Skills for Life™



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