



# NafHealth

Nutrition Advice for Health

## Community Weight Management Programme



**We have a new free community weight management programme for adults in Thurrock who have a BMI above 27.**

**There is a £5 charge for additional activities which include cookery and physical activity classes.**

### Locations

#### Belhus Village Hall

Daiglen Drive,  
South Ockendon  
Essex, RM15 5EA  
Wednesday: 10.30am-12.30pm

#### The Beehive Resource Centre


West Street,  
Grays  
RM17 6XP  
Wednesday: 6.30pm-8.30pm.

#### Contact details for enrolment:

Mob: 07985421726

Web: [www.nafhealth.org](http://www.nafhealth.org)

Email: [info@nafhealth.org](mailto:info@nafhealth.org) / [fol@nafhealth.org](mailto:fol@nafhealth.org)

 [thurrock.gov.uk](http://thurrock.gov.uk)

Supported by Thurrock Council Public Health





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