

# Heart of Moray

## In the Community

### Next Stop.... Buckie!

Join our **FREE 12-week programme** at **Ardach Health Centre, Buckie**, every Wednesday from **10:30-11:30**, starting **Wednesday 11<sup>th</sup> March 26**.



**Who can join:** Anyone with a BMI of 25 or above looking to manage weight and improve wellbeing.

### What's involved:

- 🕒 One 1-hour group session every Wednesday from 10:30-11:30
- 📖 Self-guided booklet and Counterweight app access (packed with recipes, meal plans and exercise guides)

### Participants get:

- ✅ A Health Assessment
- ✅ Gentle group exercise & wellbeing sessions focussed on healthy eating, weight management, goal-setting, and building better habits
- ✅ Access to the Counterweight app for tracking and support
- ✅ Progress check-ins at 12, 26 & 52 weeks

✉ **Refer a patient, carer, or community member or yourself today!**

**Complete the Health Referral Form to get started ➡**

