

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 11th 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 ➔

