**Live Well Newham Weight Management**

Live Well Newham is a FREE 12 week weight management programme developed by our qualified, experienced team of dietitians, psychologists, physical activity specialists and medical professionals, to support service users in achieving their desired weight loss goals.

  
The programme starts with a one to one assessment with our trained health coaches followed by 12 weeks of group sessions and online learning modules.

To support with long-term success our engagement doesn’t just end after the 12-week programme! Our programme will support service users between month 3 and 6 through monthly drop-in peer support sessions and a final 6-month one-to-one call; providing the opportunity to discuss weight outcomes.

**How do I refer?**

To be eligible service users must meet all the following criteria:

* Aged 18+
* Newham Resident
* BMI of 25 or more (or a lower BMI of 23 or more for adults of South Asian, Chinese and Black ethnicities)

You can refer by visiting our website:

[www.xylahealthandwellbeing.com/live-well-newham/](http://www.xylahealthandwellbeing.com/live-well-newham/)

If you would like more information on the programme please do not hesitate to contact us:

Email: [livewellnewham@xylahealth.com](mailto:livewellnewham@xylahealth.com)

Telephone: 0333 577 3011