



WEIGH TO GO

Weigh to Go is a healthy eating, weight management and physical activity programme available to anyone over 16 years old living in Lanarkshire.

The programme is FREE for 15 sessions and £2.10 thereafter should you wish to continue to attend. Each class is a standalone class so you can join at any time and roll through until you have collected all 15 weeks worth of information.

You can register for your FREE place direct at the sport venue of your choice or by emailing melanie.menzies@nleisure.com



Health & Social Care
North Lanarkshire

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