



Do you need **support** to **lose weight** & make healthier choices?

We are running a 12 week group support programme to help you learn small steps to improve your health and wellbeing?

MOMENTA ADULT WEIGHT MANAGEMENT PROGRAMME is a weight loss and healthy lifestyle intervention. Introducing behavioural change skills to maximise outcomes from the programme, such as keeping food and activity diaries, setting SMART goals, weight tracker etc.

Patients who are over age of 18 years old can refer themselves to this weight management programme run by South Eastern Health and Social Care Trust.

ADULT WEIGHT MANAGEMENT PROGRAMME REFERRAL CRITERIA

- People who are overweight and have Body mass index more than BMI 25 (www.nhs.uk BMI Healthy Weight calculator)
- People who are motivated to adopt healthier lifestyle.
- People who live in South Eastern Trust
- Consult a GP before starting if you have a medical condition.

If you meet the criteria and wish to register or if you would like more information please email or phone us.

**Email on: adultweightmanagementservice@setrust.hscni.net
Telephone 078 9002 2499**

(if unanswered please leave a voicemail and your call will be returned asap)

