



LEARNING DISABILITY HAVERING WEIGHT LOSS PROGRAMME

HELPING **EVERYONE** STAY HEALTHIER FOR LONGER

A free and inclusive adult weight loss support service brought to you by Everyone Active in Havering, led by qualified weight management and exercise specialists and occupational therapist.



For Havering residents aged 18+ with a mild to moderate learning disability and a BMI of between 25 and 40, and their carer
***(adjusted to BMI of 23 in people of Black African, African-Caribbean and Asian origin)**

12 week programme

2hr weekly session involving education and inclusive physical activity

- Practical advice to make healthy lifestyle changes as part of your daily routine
- Education is made fun and broken down for easy understanding
- One year follow up support to help continue positive changes

We accept self-referrals or referrals from health professionals.

For more information including course dates, referral criteria and online referral form:

www.everyoneactive.com/live-healthier-havering-LD

*We advise that individuals should consult with their GP prior to starting any new exercise or nutrition programme.

Contact us at:
haveringweightmanagement@everyoneactive.com

01708 463181

SPORT
FOR CONFIDENCE

 **Havering**
LONDON BOROUGH

everyone
ACTIVE

Everyone Active manages these facilities in partnership with London Borough of Havering