



Weigh to go



Are you interested in improving your health and losing weight? Think about Weigh to Go. It is a different way to manage your weight that includes an exercise session alongside health checks, weigh-ins and education sessions. Ongoing support continues for up to one year and will equip you with the tools to maintain a healthy weight.



"I liked the education games on fat and sugar - it's shocking when you find out what's in what!"

"The staff are very supportive and approachable."

"I felt the whole programme was excellent."

Please turn over for details of classes



South Ayrshire Council groups



- **Troon Concert Hall, Troon,**
Mondays from 9.30am to 11am.
- **Citadel, Ayr,**
Tuesdays from either 10am to 11.30am or 7.15pm to 8.45pm.
- **South Parish Church Hall, Girvan**
Fridays from 11.15am to 12.45pm
- **Weigh to go 10**
Group session for people with additional learning or communication needs. **Citadel, Ayr**
Mondays from 1.30pm to 3pm



If you would like to join one of the South Ayrshire Council groups above, call **01292 269793** (option 3) or email **activityforhealth@south-ayrshire.gov.uk** to join.



Weigh to Go Ayr United

Ayr United Football Academy, Ayr,
men-only group sessions on Mondays
from 6pm to 7.30pm.



If you would like to join call **01292 263435** (option 2) or email **shaun@ayrunitedfc.co.uk** to join.

