

Weight Watchers

Learn everything you need to know to lose weight and keep it off. Get the support of your Leader, who has lost weight with Weight Watchers and knows how to help you. Weigh in confidentially each week and discover great ideas to lose weight while still enjoying your life.

Meetings at the centre are held on Tuesdays at 6:30. For more information, pop along to www.weightwatchers.co.uk