

Five & Alive

Five & Alive is for men and women who want to
lose weight for good!

Five hours over Five Weeks to feel Alive

- Five a day** – a guide to healthy eating
- Five times thirty** – ways to keep active
- Five to lose** – aim to lose a few pounds
- Five for outlook** – ideas to keep positive
- Five to stay alive** – maintain a healthy lifestyle

The weekly sessions aim to motivate, inform and encourage, you can check your weight, have informal discussions with lifestyle coach and share ideas to improve your health and well-being

Pay £5.00 deposit to secure your place plus £2.00 per week for each of the **five** sessions

Telephone Sylvia Wakeham on 077 11 820 584 or Wyndham House Surgery for application form and for the start date of the next **five** sessions to be held in Silverton Community Hall.

five weekly sessions - five ways to
lose weight and feel great!

Five & Alive is supported by Wyndham House Surgery, Wyndham Road, Silverton, EX5 4HZ