

## Weight off Workshops (WOW)



### WOW Plus face-to-face group sessions

- Face-to-face group course (12 weeks) for up to 15 people with an introduction to exercise
- Sessions run for 2 hours
- WOW Plus includes gentle exercise which can be tailored to suit your individual needs.

### Next Available courses

Tuesday 10 February 2026, 10:15am-12:15pm in Storrington

April 2026 in Southwater and Storrington

For further information, to find out more details of upcoming courses and to register to join you can either call 01403 215111, [email us](#) or complete our [enquiry form \(new window\)](#)