

FREE

WEIGHT OFF WORKSHOPS

Helping you find a healthy way to lose weight and keep it off for good

horsham district wellbeing

ABOUT THE COURSE

Each course offers:

- 12 weekly workshops that cover topics such as nutrition, emotional eating, sleep, stress, alcohol and getting active
- Confidential food diary reviews and weekly weigh ins
- Toolkit including: An ‘Eat Well’ guide, food diary, weight tracker, recipe and exercise booklets, waist measurer and resistance band

WOW PLUS:

- WOW plus also offers a 45 minute gentle exercise class. This takes place at the end of each weekly workshop







COURSE LOCATIONS

WOW+ (includes gentle exercise class)

Southwater:
Tuesdays 12:45pm-2:45pm
from 26th January- 13th April 2027

Storrington:
Thursdays 1pm- 3pm
from 28th January- 15th April 2027

WOW (without weekly exercise)

Horsham:
Wednesdays 6-7:30pm
from 27th January- 14th April 2027

Henfield:
Thursdays 6:30pm- 8pm
from 28th January- 15th April 2027

HOW TO BOOK

In order to secure your place, you will need to complete a booking form and commit to attending at least **10** of the **12** sessions as well as completing the course evaluation form.

To sign up or find out more details, please contact the wellbeing team.

wellbeing@horsham.gov.uk
horsham.westsussexwellbeing.org.uk
01403 215111

* availability is limited so you may be added to a waiting list

FAQ

How do I know if the course is for me?

A member of the team will call you before the course starts to explain in more detail about what to expect and answer any questions you might have.

We understand that the course might not be for everyone, if after the first or second sessions you decide you no longer want to attend we can cancel your place (we ask you notify us as soon as possible as we often have people on a waiting list).

How much weight will I be expected to lose?

We want to promote healthy and sustainable weight loss, so your target will be to lose 5% of your body weight by the end of the course.

Is there anything I need to prepare before the first session?

All we ask is that you are ready to make small sustainable changes every week, are able to commit to attending at least the minimum number of sessions and will complete the necessary paperwork.