

# Are you struggling to manage your weight?

**Community 360 (in conjunction with ACE)**

**Are now offering the popular  
My Weight Matters programme**

**FREE** to Essex / Finchingfield residents

- Award winning programme with proven success
- No fad diets- all programmes follow NHS guidance
- No groups- brief individual support (get weighed and pick up your weekly pack)

**Your local weekly weigh-in at**

**Freshwell Health Centre  
Wethersfield Road  
Finchingfield  
CM7 4BQ**

**Drop in Thursdays  
9.00 – 9.45am or 11.30 – 12.30pm**

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