



FREE Healthy Weight Programme

Lancaster City Council offers FREE weight management courses for adults over 18 years of age who are overweight. Course duration is 12 weeks, 1 hour each week.

All courses provide advice on diet and behaviour change, including physical activity. Sessions include talks, behaviour discussions, and information sharing.

On completion of the course, participants will be offered a FREE 12 week membership for Salt Ayre Leisure Centre to help support them continue with a healthier lifestyle.

Daytime group courses will include approximately 30 minutes of inclusive exercise that is suitable for a range of abilities.

The following courses do not require pre-booking, simply turn up on the start date shown and join in:

Start Date	Time	Location	Exercise
Tuesday 23 rd April	10:30am - 11:30am	The Ridge Community Centre, 2-4 Ridge Square, Lancaster LA1 3HR	Chair Based Exercise To Music
Tuesday 23 rd April	6:15pm - 7:15pm	Week 1: Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS Weeks 2-11: Virtual via Microsoft Teams Week 12: Salt Ayre Leisure Centre	No Exercise
Wednesday 24 th April	2pm - 3pm	More Music (Upstairs Room), 13-17 Devonshire Road, Morecambe LA3 1QT	Health Walk
Friday 26 th April	1pm - 2pm	Salt Ayre Leisure Centre, Doris Henderson Way, Lancaster, LA1 5JS	Seated Yoga

Email Course: We also offer a 12 week email course which is entirely online. For more information about the email course, please contact us via saltayrehealthy@lancaster.gov.uk or 01524 582 200.

**If you have any questions, please contact us via
saltayrehealthy@lancaster.gov.uk
or 01524 582 200**