**Choose what works for you!**

**A group of logos on a pink background

AI-generated content may be incorrect.**

Living Well are excited to offer 12 weeks FREE membership with one of four fantastic providers who can help you to achieve your weight loss goals! Whether you have a few stubborn pounds to lose or a bit more, there are offers suitable for everyone!

Learn about healthy eating, get more active and even make new friends along the way! You will be welcomed into a non-judgemental friendly environment and will receive all the support you need online and in person.

People can choose from well-known providers Slimming World and WW (Weight Watchers) who offer a host of online tools and resources along with online or in person meetings. Or they can choose unique new local offers from APNA and the Brotherhood.

The Brotherhood has been created with NHS Primary Care Dietitians and Bradford Bulls. This programme isn’t just about physical health, it’s about building better habits, staying motivated, and connecting with like-minded people. With regular check-ins and expert advice this offer is designed with men in mind, but everyone is welcome to learn about nutrition and take part in friendly sport-based sessions.

APNA has been developed with NHS Primary Care Dietitians and Abilities Together CIC to create an offer that specialises in offering plans designed for people with cultural/global food requirements that may not be as readily available from mainstream providers. The programme is run by experienced dietitians who will offer supportive and relevant nutrition information along with exercise sessions held in small groups of male or female only, they can also offer some one-to-one sessions too.

The offer is open to all adults living in Bradford district who have a BMI of 25 or over. So long as you haven’t had an active membership for 3 months or more you can join for FREE!

If you’re not sure what your BMI is you can check it here:

<https://mylivingwell.co.uk/quizzes/bmi-calculator/>

If you would like to know more, you can visit the Living Well website [www.mylivingwell.co.uk](http://www.mylivingwell.co.uk) or come along to one of the events below and chat to the Living Well team!

**Airedale Shopping Centre in Keighley: Tuesday March 11 from 11.30-4pm  
The Broadway Bradford Shopping Centre in Bradford: Thursday 13 March from 11.30-4pm.**

Find out more

<https://mylivingwell.co.uk/eating-well/manage-your-weight/>