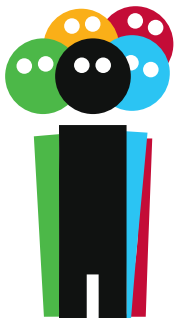
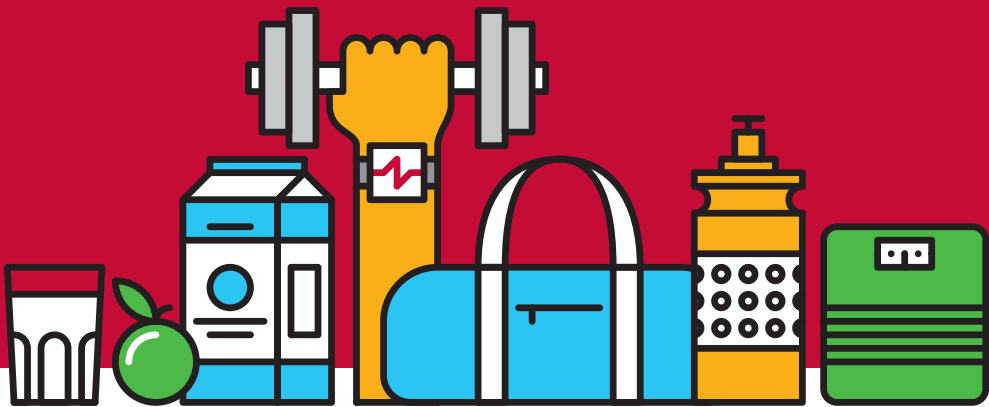


# You can start to lose weight today with Achieve Oxfordshire

IN PARTNERSHIP WITH:  
 OXFORDSHIRE  
COUNTY COUNCIL



## Discover our leading weight loss programmes

Our experts will give you small changes you can make today to start achieving weight loss the healthy way.

Visit our website to discover how you could take the steps to living a longer and happier life:

[www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)

**achieve**  
HEALTHY WEIGHT LOSS  
OXFORDSHIRE

  @achieveoxfordshire



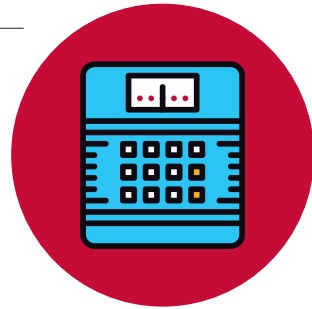
## How can we help you?

Achieve Healthy Weight Loss delivers free programmes from over 50 locations across Oxfordshire.

We work with a range of partners to give you free access to the leading weight-loss programmes. Valuable tools and skilled coaches to give encouragement throughout your weight loss journey.

## Lose Weight With Achieve

Our evidence-based free programme is designed by our specialist dieticians. The programme lasts around six months depending on your needs. We partner with leisure providers to bring you local sessions that combine education and exercise to achieve sustained weight loss. The experience also includes a healthy cook and eat session!



## Get exclusive vouchers for your weight loss programme

In addition to our own "Lose Weight With" programme we provide **FREE** access to **Slimming World**, **Weight Watchers** and **Man V Fat Football**.



## Achieve weight loss the healthy way

To find out how you can apply for free access to one of our weight-loss programmes visit:

[www.achieveoxfordshire.org.uk](http://www.achieveoxfordshire.org.uk)

Call: 01865 338119 Email: [hello@achieveoxfordshire.org.uk](mailto:hello@achieveoxfordshire.org.uk)

  @achieveoxfordshire

**achieve**  
HEALTHY WEIGHT LOSS  
OXFORDSHIRE