

## Why Weight? Free Event



### What will be on offer:

- Friendly advice on **nutrition, portion sizes and super simple swaps** for healthier choices
- An opportunity to join our **free 8-week programme** to support you with your weight, health and wellbeing goals
- Free Body Composition testing



**North  
Lincolnshire  
Council**

**Date**

**8th April 2026**

**Time**

**13.00 pm til 16.00 pm**

**Location**

**Ashby Turn Primary  
Care Centre**

**No Booking Required**