

Stirling Integrated Community Mental Health Services.

Livilands Resource Centre.
Stirling Community Hospital.
Livilands Gate.
Stirling
FK8 2AU
Tel: 01786 446913

The programme is designed to assist you make life-long changes in eating habits and physical activity levels.

Topics discussed include:

- Weight loss goals and energy requirements.
- Healthy eating and active living
- Reading nutrition labels
- Healthy shopping, cooking and eating out.
- Food habits and emotions related to eating.
- How to prevent lapsing and relapsing.

What is expected of you if you participate?

- The programme will be most beneficial to you if you can attend all 8 sessions. Of course, this may not be possible for everybody.
- When in a group, participating in all the group activities will help you get the most out of each session.
- There will be some small tasks that you will be asked to complete in your own time.
- Completing these home tasks will help you to get the most out of each session.

What's involved??

ARE WE READY??
INTRO & WEIGHT LOSS TARGETS
HEALTHY EATING & ENERGY BALANCE
ACTIVE LIVING
SHOPPING, COOKING & EATING OUT
FOOD & BEHAVIOUR
THE WAY FORWARD

When & who:

All sessions are in the dining room 1 from 1 – 3pm

28 th November	Katherine & Leanne
5 th December	Katherine & Leanne
12 th December	Katherine & Leanne
19 th December	Katherine & Leanne
9 th January	Katherine & Leanne
16 th January	Katherine & Leanne
23 rd January	Katherine & Leanne
30 th January	Katherine & Leanne