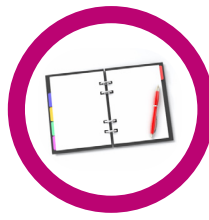
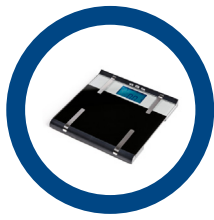


ChooseToLose@Work

For a Healthier You

_____ are taking part in a ChooseToLose@Work programme which is designed to support and encourage employees throughout Forth Valley to lose weight safely and keep it off for good.



Why not sign up to this 10 week workplace programme and feel healthier?

- Attend weekly weigh-ins facilitated by your ChooseToLose@Work Facilitator.
- Learn more about good nutrition and self monitoring strategies to help you successfully lose weight and maintain a healthy weight.

For more information or to sign up email:



**Healthy
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Lives**



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