

Weight Management Group



Are you happy with your weight?

Is your weight affecting your ability to care?

Is your weight affecting your health?

Starting on **Tuesday 11th October** let VOCAL help you kick start a healthier you with a 'Weight Management Group'. If you want to try to lose a few pounds or maybe even more we can help you make a start.



Programme

Many carers tell us they are concerned about their own health and maintaining a healthy weight is often of particular concern. Working with Scottish Slimmers we hope to help carers tackle this issue. We recognise that carers weight and food issues are in many ways unique so we have framed the Scottish Slimmers sessions with time to explore the impact of caring.

Meetings will began at approx 10.30am last for between 1.5 and 2 hours and finish with a healthy lunch.

Tuesday 11th October 2011 - Getting started

- Introductions
- Aims of the group
- Food myths.



Tuesday 18th October to 22nd November - Scottish Slimmers input –

- 25minute presentation
- Individual 'scale time'

❖❖❖❖ **1 weeks break** ❖❖❖❖

(No session on Tuesday 29th November 2011)

6th December – Looking Forward

- Successes and challenges since we last met
- Change and barriers to change



13th December – Mind & Body

- Essential life style plans
- We look after ourselves
- The connection between mind and body

20th December - Priorities & Pleasure

- Making choices
- Saying no
- Impact of lifestyle on your diet



Reunion January 2012- where do we go from here?

- Successes and challenges
- Personal and group evaluation
- Maintenance
- Ongoing support





**Caring with Confidence -
Learning and support for carers**

For more information please email
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or
call: Jane or Debbie on 0131 622 6666



HAPPY TO TRANSLATE

MOŻEMY PRZETŁUMACZYĆ আনন্দের সঙ্গে অনুবাদ করব
ترجمے کے لئے حاضر 很樂意翻譯 يسعدنا توفير الترجمة

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