

FREE support for families,
children, young people
& adults in Liverpool to
achieve a healthy weight

**Liv
Life**



ice
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Working in partnership with...



Call **FREE** on **0800 488 0551**
or visit **LivLifeLiverpool.org**



Ask your GP about starting your journey to healthier weight today...



Support for Adults

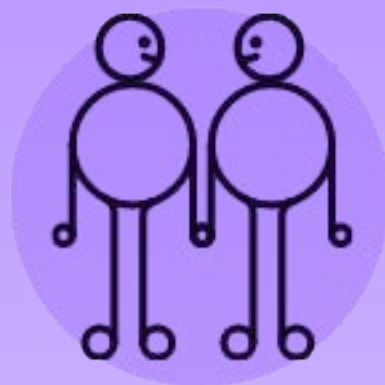


Support for Families



Support in Pregnancy

Support for Adults



12 week One-to-one coaching



'Weigh & Stay' groups



'Weigh & Go'



Physical activity groups



Slimming World programme



Virtual support on the go.



**Liv
Life**

Ask your GP about starting your journey to a healthier weight today...

Support for Families



12 week coach-led sessions



Physical activity groups



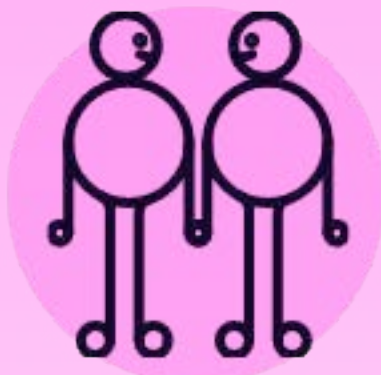
Virtual support on the go.



**Liv
Life**

Ask your GP about starting your journey to a healthier weight today...

Support in Pregnancy



12 week One-to-one coaching



Pregnancy focussed groups



Guided healthy lifestyle programme



Virtual support on the go.



Ask your GP about starting your journey to a healthier weight today...



If you live in Liverpool you could be eligible for **FREE** 1-2-1 support in achieving a healthy weight



Get **FREE** help to achieve a healthy weight
LivLifeLiverpool.org
0800 488 0551



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Whether you're a child, young person, family, adult or pregnant, One of our expert coaches will talk you through the process and create a personalised healthy weight plan, tailored to you.



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 **Liverpool**
City Council