



# Start your healthy weight journey with Gro Health

West Northamptonshire council is giving anyone who lives in West Northamptonshire FREE access to a leading NHS-certified programme to help you reach and maintain a healthy weight.

**FREE ACCESS**



## 12 weeks to a healthy weight

Learn about the biology of a healthy diet with weekly education, face-to-face support groups, recipes, meal plans and shopping lists.



## Mental wellbeing support

Find your headspace and manage stress with on-demand meditation, mindfulness and yoga.



## One-to-one and group coaching

Speak to an accredited health coach for private support at any time, or join our face-to-face sessions.

### What could I achieve?



**6.5%**  
Average weight loss



**32%**  
Improvement in anxiety symptoms



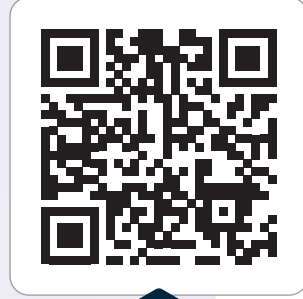
**18%**  
Reduction in chronic pain symptoms



**8%**  
Improvement in quality of life

### To get started

- 1 Scan the QR code, or go to [grohealth.com/west-northants](https://grohealth.com/west-northants)
- 2 Complete the form to see if you're eligible
- 3 Sign up and get started with face-to-face or digital sessions



**SCAN ME!**

Prefer to speak to someone?

☎ Call us on **0330 133 0307** (8am-6pm Mon-Fri)

✉ Email us at [support@grohealth.com](mailto:support@grohealth.com)

