

Dietbusters

Join our 12 week weight management programme to help you achieve a healthy lifestyle through sensible eating habits and regular exercise.

Sessions include 45 minutes of education followed by 45 minutes of exercise. We help you understand portion sizes, healthier choices of food, the importance of exercise and much more.



Daytime and evening courses available. You can join a course at any time (subject to availability).

Please contact your doctor's surgery to find out if you can be referred on to a course free of charge (subject to your doctor's surgery participating in the scheme and you meeting the referral criteria).



For further information, please email: adultweightmanagement@swindon.gov.uk or call 01793 464904

Long Term Lifestyle Changes