



# Access free support to achieve a healthy BMI

This free 12-week programme is open to City of London residents or workers\*, aged 18+ and with a Body Mass Index (BMI) of 23.5\*\* or above

To join for free call 0345 602 7068 and quote WWRS106

\*Working in manufacturing, construction, retail, food services, hospitality, transport or storage

\*\*Qualifying conditions apply

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