



Want to feel supported on  
your weight-loss journey?

Date: **Every Thursday**

Time: **10am-12pm**

Venue: **Bicester Library**  
**Wesley Lane, Franklins House, Bicester OX26 6JU**

**OR you can join us online instead!**

Join our **FREE**, 12-week healthy lifestyle programme to help you lose weight and keep it off. No diets here, just small, realistic, changes. Our in-person group sessions start on:



Sign up for your  
**FREE PLACE** today

@ **HelloOxfordshire@maximusuk.co.uk**

 **03332 208 952**



**OXFORDSHIRE  
COUNTY COUNCIL**

Our programmes are for adults above a healthy weight, see our website for more information.