

# CHOOSE TO LOSE

## TIMETABLE

### WALKING GROUP

Enjoy a fortnightly walk around Arboretum Park and connect with fellow programme participants. An advisor will lead the group, allowing you to walk at your own pace. Afterwards, join us for coffee or tea back at Horizon Healthcare.

Where: Meet at Horizon Healthcare, Burton Road, Derby DE1 1TH  
When: Mondays, bi-weekly, starting Monday 9th September  
Time: 12:00pm - 1:00pm

### CHOOSE TO LOSE WORKSHOPS

Join our weekly engaging workshops that cover weight management, the benefits of weight loss, practical tips, nutrition, physical activity, positive lifestyle changes, and much more.

Where: Horizon Healthcare, Burton Road, Derby DE1 1TH  
When: Starting Tuesday 3rd September / Wednesday 4th September  
Time: 5.30pm - 7:00pm (Tuesday)  
9.30am - 11:00am (Wednesday)

For more information on these groups please contact Morgan Stanley at [morgan.stanley@dcct.co.uk](mailto:morgan.stanley@dcct.co.uk) or call 01332 416140

HEALTH & WELLBEING

