



Would you like to meet new people? Live a healthier and more active life? Take care of both your physical and mental health?

Live Lighter at Sheffield Mind is a 12-week group programme for adults who want to learn simple ways to make healthier choices, manage their weight and gain confidence!

What to expect?

- Learn tips and techniques for a healthier lifestyle
- Creative and practical sessions
- Understand food and mood
- Group walks
- Friendly and supportive atmosphere

Our first groups will start on the 11th and 14th of January 2022 - For more information get in touch with Fran Lynch by emailing - Frances.lynch@sheffieldmind.co.uk



A fresh start to
weight loss

