



## **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 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 11<sup>th</sup> and 14<sup>th</sup> of January. For more information please get in touch with Fran Lynch by emailing [frances.lynch@sheffieldmind.co.uk](mailto:frances.lynch@sheffieldmind.co.uk)



A fresh start to  
**weight loss**

