



at Sheffield Mencap!

Do you want to live a healthier life? Would you like to lose some weight, and learn how to make healthy food choices?

Live Lighter at Sheffield Mencap is a new programme for adults with a learning disability and / or autism, who want to get healthier and manage their weight.

Over 12 weeks, you'll learn new techniques to help you become more active and to eat well from our experienced group leaders, Aaron and Bridgit.

The sessions will cover:

- The Eatwell Guide
- Portion sizes
- Emotional / comfort eating
- Food labelling
- Physical activity



Our first group starts in September and we will offer further programmes throughout the year. You must be 18 or over to apply, and we ask all applicants to commit to the full 12 weeks.

We also encourage carers and support workers to join in the sessions to support learning so we can work together to achieve positive outcomes.

Please get in touch with Aaron Firth by emailing aaronfirth@sheffieldmencap.org.uk or you can telephone 0114 2767757.