

HEALTH AND WELLBEING

SUPPORTING ADULTS TO LOSE WEIGHT AND GET FITTER.

A six month free programme with fun and interactive healthy eating and physical activity sessions.

Sessions for ages 18+, delivered locally and at Pride Park Stadium.

ELIGIBILITY:

Participants must have a BMI of 30+ (or 27.5+ if of a South Asian background).
Participants must be registered with a Derby North PCN Practice.

SCAN
HERE



OR VISIT [DCCT.CO.UK](https://www.dcct.co.uk)
CALL US ON 01332 416140

 DerbyCountyCommunityTrust

 @DCCTOfficial

 DCCTOfficial



DERBY
COUNTY
COMMUNITY
TRUST