

Want to lose weight the fun way?

We have a range of weight management programmes for adults, young people and kids.



Fun and healthy programmes for all.

Apples & Pears helps your whole family get healthy. Whatever age, shape or size, we'll show you how to take care of your weight the fun way.

There are all kinds of free and exciting things to join in with, including:

- lively games and activities
- chopping and tasting sessions
- recipe ideas
- exercise classes.

We'll help you decide how to make healthier choices, eat smaller portions and be more active.

Eating better and keeping active can make you feel happier and more energetic. Together we can build self-confidence, become more independent and make changes to set you up for a healthier future.



Sign up to getting healthy.

Apples and Pears offer FREE programmes for adults, young people and children across Camden.

Call 020 3688 1710, email applesandpears@nhs.net or go to www.applesandpearscamden.co.uk to find out more, or to book a place for you or your child.