

support
to
help you lead
a healthy lifestyle
through pregnancy
& beyond



Join our new pregnancy programme to create healthier habits today.

Be part of a free 12-week programme that supports pregnant women in managing their weight and wellness during pregnancy.

Choose either support through a Slimming World group or digital App-based support through Oviva.

If you are interested in joining, please speak to your midwife or GP to see if you are eligible for a referral.

