



Bedfordshire
mental health and wellbeing service
provided by ELFT

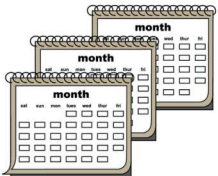
NHS

DO YOU WANT TO LOSE WEIGHT & BE HEALTHIER?

Let us help you SHAPE UP for a better future.



WHAT WE OFFER



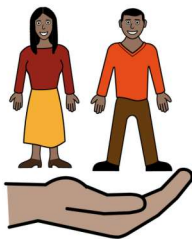
12 WEEK PROGRAM

12 weeks of support in a group or 1:1.



HEALTHY EATING

Learning about healthy eating and how to choose healthy foods.



CARER & FAMILY TRAINING

Healthy eating training available for carers to help those they support.

TO REGISTER OR REFER SOMEONE WITH A LEARNING DISABILITY



Email: elt-tr.spldreferrals@nhs.net OR scan the QR code above