



To book your FREE place contact your GP.

What is the Best Health Programme?

Best Health is a group based 12-month weight management programme. It is designed by the HSE with a team of experts in nutrition, physical activity and psychology. Managing weight is not easy. Some things that affect your weight are beyond your control. The programme gives you a safe and supported space to talk with others who understand what you are going through.



What you will learn during the programme:



Health in Focus

Discover your best weight and learn about the links between weight, sleep, stress and managing other health conditions.



Eating for Health

Learn how to eat well to support your health, wellbeing and your best weight.



Movement for Health

Learn ways to be as active as you can be everyday.

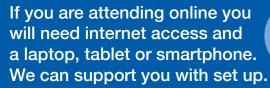


Change for Health

Try new tools to help you prepare, plan and maintain changes for health

What support will I get?

- Individual appointment with a dietitian to understand your needs.
- The course starts with a session every week for 6 weeks, then you will have a session every month for 8 months.
- Groups meet online or in-person
- Share and learn from others in the group
- You are welcome to bring a family member or friend to support you.





For more information on supports and treatment please visit:

www2.hse.ie/conditions/obesity/

Contact your GP to book your FREE place on Best Health.



