



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.



If you are attending online you will need internet access and a laptop, tablet or smartphone. We can support you with set up.



For more information on supports and treatment please visit:  
[www2.hse.ie/conditions/obesity/](http://www2.hse.ie/conditions/obesity/)  
Contact your GP to book your FREE place on Best Health.



National Clinical  
Programme for  
Obesity