



### What is PHEW?

PHEW is a six week programme (1½ hours a week) to help you manage your weight by healthy eating, exercise and healthy living.

Each week we cover something new. You will learn about:

- Healthy eating
- Portion sizes
- Reading food labels
- Eating Out & Alcohol
- Becoming more active
- Food and Mood

You will have the option of having your weight checked by the Dietitian each week if you so wish. This will be done in private and will not be discussed in the group.

Sessions will be informal, sociable and hopefully fun and will use a variety of visual aids to allow people to tackle their weight.

### Who will run these programmes?

It is run by a qualified dietitian working in the Community Nutrition and Dietetic Service, HSE Dublin Mid Leinster.

### Cost?

**It's free!** You just have to agree to attend the **full** programme.

### Will there be follow up?

You will be invited to attend a follow-up session after the six weeks are over. The dietitian will discuss this with the group during the programme.

### Can I bring a friend?

Yes! Bring a friend/partner, they are more than welcome! Please let Mary Doolan know if you are bringing someone.

### Contact:

Mary Doolan, Health Promotion department on (01) 2744360 or 086 8578703



[www.hse.ie/phew](http://www.hse.ie/phew)



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive