

# Tier 3 Weight Management Group Programme

Information for patients

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**Tier 3 Group Start Date, Time & Location:** \_\_\_\_\_

**We look forward to meeting you to help you make sustainable, healthy changes to your diet and lifestyle.**



## What we will look at:

- Healthy balanced eating & regular eating
- Meal planning & portion sizes
- Fad diets & food rules
- Managing hunger & cravings
- Physical activity
- Sleep
- Environmental factors influencing weight
- Barriers to change
- Weight stigma & body image
- Relaxation, self-care & mindfulness
- Managing lapses & unhelpful thinking styles
- Self-monitoring

We will focus on improvements in your health and wellbeing. If you would like to monitor any weight changes, there will be access to weighing scales at every session for those who would like to use them, this is optional.

## When:

We meet **every 2 weeks for 3 months** for a total of 6 sessions. Each session lasts one and a half hours. We will send details of your group dates and times a week before your start date, via email or post.

## Where:

You may opt to join **online** or at one of our **Lothian venues**.

We will confirm the location or link for the online group a week before your start date.

**Who:** The group is usually around 10-15 people.

**If you can no longer join us please let us know, to reschedule or cancel.**

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