

# Weight Maintenance Group Programme

Information for patients

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



## What we will look at:

- Reflection, Hopes and Goals
- Physical Activity
- Fats
- Carbohydrates
- Food Labels
- Breaking Habits
- Socialising
- Stress and Sleep
- Snacking
- Portion control

The aim is to help maintain motivation and enable your new lifestyle changes to become **lifelong** lifestyle changes. If you would like to monitor any weight changes, there will be access to weighing scales at our face to face sessions for those who would like to use them, this is optional.

If you are working towards your target for bariatric surgery, please let us know when you have met this.

## When:

We meet **once a month for 9 months** covering a different topic at each session. Each session lasts one hour. We will send you dates via email or letter once a place becomes available.

## Where:

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

## Who:

The group has around 10-15 people attending.

## Contact us

Telephone: 0131 537 9169

Email: [loth.weightmanagement@nhs.scot](mailto:loth.weightmanagement@nhs.scot)

Website: <https://services.nhsllothian.scot/awmt2d/>



**It is important to let us know if you can't attend.**

**If you don't attend 2 consecutive sessions without contacting us, then you will be discharged from the service.**

