

A new 8-session programme for women under 40 with weight issues

When:

Thursday mornings
0930-1130am
16th May - 4th July 2024

Group Leaders:

A clinical psychologist and dietitian will run the group

More info:

Call Sarah or Stephanie on 97228360. You may need to leave a message.
Text a message on 0437 849 623
Email Sarah or Stephanie on SWSLHD-BankstownDiabetesHCPs@health.nsw.gov.au

Metabolic Transformation Through Action

META Group

Contact:

Diabetes Centre, Bankstown
Lidcombe Hospital
Eldridge Road
Bankstown NSW 2200.

Ph: 97228360
Fax: 97228366
Email:
SWSLHD-BankstownDiabetesHCPs@health.nsw.gov.au



Transform your approach to health and weight

Learn the strategies that work, and the ones that just don't last



Why join the programme?

- You will have expert help to make changes
- You will be with supportive people who understand your struggles
- You will learn the latest science about weight

If you do not change direction, you will end up where you are heading

- Anonymous

Learn



The latest science about weight



Skills to change unhelpful habits and stop yoyo dieting



How to cope with weight stigma

Why we run this group:

Many women struggle with yoyo dieting and weight gain. This makes them vulnerable to more weight gain over time and problems with their health. It can be hard for women to access evidence based treatment for lifestyle change. This group will help women learn skills to get on track with their health.

