re:balance
12 weeks to a healthier you

Want to lose weight?

If you live in Camden or Islington, are concerned about your weight and feel ready to make changes to your lifestyle you may be eligible for Rebalance, our 12-week free weight management programme.

The rebalance programme aims to help you lose weight, build confidence and take control of your lifestyle.

Rebalance includes a weekly programme of diet and nutrition advice along with a range of group exercise classes. Sessions are held at a range of local leisure and community centres across Camden and Islington.

At the end of the 12 weeks, you can receive nine months of free support from our coaches to help you stick to your new lifestyle, Including advice and guidance from our instructors and motivational texts. You will also be eligible for more than 50% off gym membership at any GLL leisure centre in Camden or Islington.

Am I eligible?

You can apply for Rebalance if you are over 18, and live in Camden or Islington or are registered with a GP in any of the two boroughs. You can either refer yourself to Rebalance or ask your GP to refer you.

Join at **camden.gov/rebalance** or call **020 7974 1741**
Email: **rebalance@camden.gov.uk**

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Want to get more active?

Exercise on referral is a 12 week free exercise programme for people with specific health conditions. It includes a weekly programme of group exercise classes. Sessions are held at a range of local leisure and community centres across Camden and Islington It's safe, supportive and tailored to you.

Support for mental health referrals

If you are experiencing a common mental health problem such as low mood, stress or anxiety and are not already receiving psychological support, then you may be eligible for help alongside the programme. We work closely with iCope, a psychological therapies service offering evidence based treatments for a range of psychological problems.

Find out more in your first meeting or for additional information and/or to self-refer visit the iCope website: **www.icope.nhs.uk/** or see your GP for alternative services.

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