

My Weight Matters®

Weight Management Programme

Would you like to join our free weight management programme currently available to adults living in the Colchester and Tendring area with a Body Mass Index of 28* or more ?

Last Name:

First Name:

Date of Birth

Address &
Post Code

GP Surgery

Telephone
number:

Home Number: _____
Are we able to leave a message on your answer phone? Yes/No

Mobile Number: _____
Are we able to leave a message on your voicemail? Yes/No

Body Mass
Index *(BMI):

Date of referral:

Please return to:
Weight Management Team
Colchester Cornerstone, 5-7 Sir Isaacs Walk,
CO1 1JJ
or
Fax: 01206 577637