

Better2gether

SUPPORTING YOU TO
BECOME HEALTHIER,
**HAPPIER AND
MORE CONNECTED**

Better2gether is a FREE service to support Weight Management.

It is a group set up for people with Learning Disabilities. It will help you to lose weight, move more and understand the benefits of feeling healthy.

The sessions are for people who live in the following areas: Worcester City, Evesham & Surrounding areas

The groups will be kept to a small number of people and run for 8 weeks.

The sessions will be online or face to face.

Speakeasy N.O.W. will support the sessions alongside the Onside team.



Easy read version by
SpeakEasy N.O.W.
using 

If you would like more information, email:
better2gether@onside-advocacy.org.uk

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