



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Hywel Dda
University Health Board

Weight Management Service

Healthier you



Want to lose
weight ?

Struggling to
Keep it off?

Learn what's
getting in the
way ?

**We would love to help !
Self Refer Today**



weightmanagementservice.HDD@wales.nhs.uk

Telephone: 01267 283195

Or ask to speak to your health practitioner