

## Virtual Adult Weight Management (161120)

**Monday - 09.00-10.00**

**Tuesday - 10.30-11.30  
13.30-14.30**

**Wednesday - 09.00-10.00**

**Thursday - 09.30-10.30  
14.00-15.00**

**Friday - 10.30-11.30  
14.00-15.00**

**Saturday - 09.00-10.00**

- Sessions take place using Zoom.
- All sessions must be booked in advance and any users attending without a pre-booked place will be declined entry.
- You will be sent a link to join your pre-booked session up to 2 hours before commencement of the class.
- For any assistance please call the HUB on 0207 974 3019.

These sessions are available from 16th Nov 2020. We will notify you of any changes.

**Join us on our Facebook group Camden & Islington Active Health!**