Join Today

NHS

There are over 20+ workshops available that you can attend. If you want or need to change your session day or time, just choose one that works best for you.

SUN	9.30	15.50			
MON	9.00	12.00	17.00	18.30	
TUE	10.00	13.00	15.00	18.00	
WED	10.30	14.00	17.00	18.30	
THUR	10.30	12.00	15.00	18.00	20.00
FRI	10.00	13.00	17.00		
SAT	9.00	10.30			

Punjabi speaking workshop:
Monday 8.00pm

Female only workshop:
Wednesday 12.30pm, 8.00pm

Male only workshop:
Tuesday 8.00pm

Under 30's workshop:
Sunday 6.00pm

Black African Caribbean workshop:
Friday 7.00pm

To attend any of the zoom sessions above, please use this link to join via a computer or tablet:
https://weightwatchers.zoom.us/j/7761496475

Phone (call +44 330 088 5830). Your meeting ID is 776 149 6475

These session times can also be found on our connect group: NDPP members

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

WW Health Solutions