Your health. Your journey.

Support every step of the way.

Weight management support for adults in Bury

Making small changes can lead to big results. We're here to help you find the right support for you.



A wide range of support options to suit your needs, lifestyle and goals

Lifestyle, nutrition & physical activity support

Advice on healthy eating, being more active and building sustainable habits.

Behavioural & wellbeing focused options

Support with mindset,motivation, confidence and emotional wellbeing.

Online & face to face support

Choose from convenient online programmes or local, face to face sessions.

For different needs, backgrounds & preferences

Inclusive services to support people from all communities and walks of life.

No judgement, just support

Friendly, welcoming services that welcome you and support you at your pace.







Take the first step today

Find out more about local weight management support in Bury & discover what's right for you.

Discover More