



## Weigh and Play @ Cheeky Monkeys

Every **Monday and Thursday between 10-12**

We will be holding a new session, where the adults weigh whilst the children play!

Mum's (& Dad's!) Simply come along to our Mother and Toddler Mornings (Enter between 10-12, for £1 per child, free adults) where you'll meet Jo, who will set you an easy weight loss programme to follow, give you some friendly helpful slimming advice, have a laugh and monitor your weight loss along the way!