



Weight Management

New Service

Get in Shape for the Summer



The ideal BMI (body mass index) is supposed to be between 20 and 25; That doesn't really tell the whole story. If you work out in the gym it may be higher but a low BMI doesn't necessarily mean a healthy diet. However our fat monitor doesn't lie!!

We are developing a weight management programme where our trained counsellors can guide you through a 12 week process that will literally change your life.

They will provide gentle encouragement and guide you through sound principles of healthy lifestyles that will stay with you long after the 12 weeks are over.

And don't forget in the pharmacy we are available all week long without an appointment so you can always pop in for gentle encouragement!

Call in today we will calculate your BMI and measure your fat percentage.

Leave your details with us and we will contact you when there is a space on our programme

Newland Community Pharmacy

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NUMARK+

Your local community pharmacy