



Healthy  
Cornwall

# CHAMPs team

## Healthy Weight Course

Learn how to be healthier



For people with a  
learning disability  
and autism



11.00 - 12.00  
Wednesday Mornings



To join please email:  
[steve.hillman@cornwall.gov.uk](mailto:steve.hillman@cornwall.gov.uk)

Or please call:  
Steve - 07837 311539