**Slimming World**

* Arbroath
	+ The Royal British Legion, 8 Helen Street, Arbroath, Tayside, DD11 3AP. 01241 439 321. **Wednesdays 9.30am and 11.30am**.
	+ The Royal British Legion, 8 Helen Street, Arbroath, Tayside, DD11 3AP. 01241 439 321. **Tuesdays 3.30pm, 5.30pm and 7.30pm**.
	+ St. Marys Hall, 2 Springfield Terrace, Arbroath, Tayside, DD11 1EL. 07724372682. **Thursdays 5.30pm and 7.30pm**.
	+ St Marys Church Hall, 2 Springfield Terrace, Arbroath, Tayside, DD11 1EL. 07563172612. **Wednesdays 7.30pm**.
* Brechin
	+ Northern Hotel, 2 Clerk Street, Brechin, Tayside, DD9 6AE. 07833191322. **Tuesdays 3.30pm, 5.30pm and 7.30pm**.
* Broughty Ferry
	+ Broughty Ferry Tennis Club, Elcho Drive, (Off Balgillo Road), Broughty Ferry, Tayside, DD5 3TB. 07447463101. **Thursdays 3.30pm, 5.30pm and 7.30pm.**
	+ Broughty Ferry New Kirk, East Buildings 370 Queen Street, Broughty Ferry, Dundee, Tayside, DD5 2HQ.. 07447463101. **Saturdays 8.00am, 10.00am and 12.00pm.**
* Carnoustie
	+ Erskine United Free Church, Kinloch Street, Carnoustie, Angus, DD7 7RE. 07946634497. **Tuesdays 9.30am and 11.30am**.
	+ Erskine United Free Church, Kinloch Street, Carnoustie, Angus, DD7 7RE. 07946634497. **Mondays 5.30pm and 7.30pm**.
* Forfar
	+ St John's Hall, Green Street, Forfar, Tayside, DD8 3AR. 07902454632. **Mondays 9.30am and 11.30am.**
	+ St John’s Hall, Green Street, Forfar, Tayside, DD8 3AR. 07902454632. **Mondays 3.30pm, 5.30pm and 7.30pm.**
	+ West End Social Club, Craig O'loch Road, Forfar, Tayside, DD8 1BT. **07939 243680. Thursdays 9.30am.**
	+ West End Social Club, Craig O'loch Road, Forfar, Tayside, DD8 1BT. **07939 243680. Wednesdays 3.30pm, 5.30pm and 7.30pm.**
* **Kirriemuir**
	+ Old Parish Church, Bank Street, Kirriemuir, Tayside, DD8 4BG.**07934350537. Wednesdays 5.30pm and 7.30pm.**
* Monifieth
	+ Monifieth Community Cabin, Union Street, Monifieth, Dundee, Tayside, DD5 4NF. 07934350537. **Tuesdays 5.00pm and 7.00pm**.
* Montrose
	+ The Occasions Suite, 50 Bridge Street, Montrose, Tayside, DD10 8AF. 01674 677788. **Thursdays 9.30am and 11.30am**.
	+ The Occasions Suite, 50 Bridge Street, Montrose, Tayside, DD10 8AF. 01674 677788. **Thursdays 3.30pm, 5.30pm and 7.30pm**.
	+ The Occasions Suite, 50 Bridge Street, Montrose, Tayside, DD10 8AF. 07563172612. **Mondays 5.30pm and 7.30pm**.
	+ Gourdon Public Hall, Queen Street,Gourdon, Montrose, Grampian, DD10 0LG. 07535215547. **Tuesdays 5.30pm and 7.30pm.**

**Weight Watchers**

* Arbroath
	+ Arbroath Community Centre, Marketgate, Arbroath, DD11 1AT. **Sundays 10.00am**
	+ Knocks Hall, Howard Street, Arbroath, DD11 4DH. **Tuesdays 10.00am**
	+ Salvation Army Hall, 45 Marketgate, Arbroath, DD11 1AU. **Wednesdays 6.00pm**
* Broughty Ferry
	+ Broughty Ferry Tennis Club, Elcho Drive, Brought Ferry, DD5 3TB. **Saturdays 10.00am**
	+ St Aidans Centre, 408 Brook St, Broughty Ferry, DD5 2EB. **Tuesdays 5.30pm**
	+ St Lukes and Queen St Church, West Queen St, Broughty Ferry, DD5 1AR. **Wednesdays 10.00am.**
* Carnoustie
	+ Carnoustie Golf Hotel and Spa, The Links, Carnousite, DD7 7JE. **Wednesdays 7.00pm**
* Forfar
	+ East and Old Parish Church Hall, Chapel St, Forfar, DD8 2AB. **Tuesdays 6.00pm**
	+ Forfar Guide Centre, The Myre, Forfar DD8 1AZ. **Thursdays 10.00am**
* Monifieth
	+ David Lloyd Dundee, Monifieth, Dundee, DD5 4HB. **Thursdays 10.00am**
* Montrose
	+ The Park Hotel, John Street, Montrose, DD10 8RJ. **Mondays 5.30pm, Wednesdays 10.00am**

**Scottish Slimmers**

* Arbroath
	+ Old & Abbey Church, West Abbey St, Arbroath, DD11 1EQ. **Mondays 5.30pm**
* Forfar
	+ Masonic Temple, Coutties Wynd, Forfar, DD8 2EU. **Saturdays 10.45.**
* Monifieth
	+ Crown Inn, 49-51 High St, Monifieth, DD5 4AA. **Tuesdays 6.45pm**
* Montrose
	+ British Legion, 16 Wellington Street, Montrose, DD10 8QD. **Wednesdays 6.15-6.45**