

WANT TO LOSE WEIGHT?

Not Sure Where to Start?

HELP IS AT HAND!



Introduction to Weight Management

- This 90 minute workshop will help you begin your journey to a healthier, slimmer you!
- Learn the basics around healthy eating for weight management
- Support and guidance from our team of weight management and physical activity specialists
- Learn more about how we can help and support you through your journey!
- Daytime and evening workshops available
- Ring us on 01200 414484 to book your place!!



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