

*****New to Cheltenham -10 Week Motivational Weight Loss Group*****

- Want to kick start your Weight Loss in 2018?
- Need accountability and support to keep you losing weight week after week?
 - Fed up with fad/crash diets that never last?
 - Want to be slimmer, healthier and happier by the Spring?

If the answer to any of these questions is 'Yes' - Jane can help!

Sign up today for Weight Loss & Nutritional Advisor, Jane Mallett's

10 Week Motivational Weight Loss Group

at The Isbourne Centre, starting Monday 15th January, 19.00 – 20.00

Meeting weekly in an informal, friendly setting, this package includes

- A 30 minute 1-to-1 consultation to assess individual challenges and needs (following completion of an eating habits/lifestyle questionnaire).
- A 1 hour group meeting for 10 consecutive weeks (*exp half term, 12th Feb)
- Expert nutritional & weight loss advice each week
- Recipe & cooking ideas shared
- Weight loss hints and tips discussed
- Weight loss recorded (however these details are never shared or discussed within the group).
- Closed Facebook group for members for additional support.
- Text support during the week.
- Maximum 15 members so lots of individual support to ensure weight loss week after week!

Just £149.00 (can be paid in 2 instalments)

You've got nothing to lose - only weight!

Only 15 places available – BOOK TODAY!

**To book your place please text Jane on 07970 674308 or email
jane@janemallett.com**