

NEW YEAR NEW TIER

GET YOUR WEIGHT BACK IN GEAR!



ONLINE
WEIGHT MANAGEMENT
COURSES



DURATION - 8 WEEKS
(THIS INCLUDES A 'ONE TO ONE'
SESSION WK 1 AND WK 8)

EXAMPLES OF SESSION CONTENT INCLUDE: PORTION CONTROL,
FOOD LABELLING, MAKING RIGHT CHOICES, FATS, SUGARS, ETC.

ONLINE ACCESS VIA ZOOM!

FOR MORE INFORMATION/TO BOOK
ONTO A COURSE, PLEASE CONTACT:

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