



**We do weight loss
differently, find out how**

Join our **FREE**, 12-week healthy lifestyle programme and you'll get:

Guidance from
our team of
nutritionists



Expert tips to
introduce new
habits



Help to lose
weight and
keep it off



Our in-person group sessions start on:

Date:

Time:

Venue:



Or you can join us online.



Sign up for your

FREE PLACE

today



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**Be
Healthy
Bucks**