

Ready For A Different Approach To Weight Loss?



COLIN LOST 3 STONE!

with
Morelife



We have weight management groups running in your area!
Take the first steps towards changing your life - call us today

@ The George Hurd Centre, Basildon
Wednesday evenings

@ Pitsea Place, Pitsea
Monday mornings

@ Knight's Way Centre, Brentwood
Tuesday evenings

@ South Essex College, Southend
Wednesday evenings

@ Valkyrie Health Centre, Southend
Tuesday mornings

@ Central Canvey Primary Care Centre
Thursday mornings

Ask your GP for a referral or call:

0800 038 9050

www.more-life.co.uk

essex@more-life.co.uk

MORE *life*

LIVE HEALTHILY EVER AFTER