



MORE *Life*

A DIFFERENT APPROACH TO WEIGHT LOSS

FREE weight management group that puts people in control of their own weight loss journey.

Everyone is treated as an individual with their own journey, own goals and own success.

FREE WEIGHT MANAGEMENT GROUPS

STARTING SEPTEMBER 2019

TUESDAY MORNING - SAFFRON WALDEN

THURSDAY EVENING - DUNMOW

PLEASE CALL TO RESERVE YOUR PLACE

FOR MORE INFORMATION:

0800 038 9050 essex@more-life.co.uk

www.more-life.co.uk

*eligibility criteria apply

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