

REAL WEIGHT LOSS

**Your life's not just about
being alive...**

Starting 24th March 2010

A programme designed around you
over 10 weeks

Friendly and supportive group

Private personal support

**To ensure success we
utilise the most proven
techniques in:**

- **Fitness and Life Coaching**
 - **NLP**
 - **Nutrition Planning**
 - **Hypnosis**
- **Health and Wellbeing**
 - **Meditation**

Contact

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Let us help you transform
your life

Hertfordshire & Bedfordshire

