



zest4Life – 6 Week Fast Track Weight Management Programme

Tuesdays 6th June- 11th July at 7.30pm to 9.30pm



Lose weight. Look great. Feel Amazing!

£90 for 6 weeks – for past 'Zesters' £10 discount if you bring your Nutrition booklet.

A dynamic and structured weight management programme led by Nutritional Therapists Carolyn Holmes and Rosie Tamkin.

Real food, no fads, no meal replacements, no calorie counting.

Previous participants have lost kilos, gained energy and slept better than they have in years!

zest4life is an exciting and powerful health improvement and weight management process designed to educate and motivate you to change and improve your body, your health and your wellbeing for good.

To book a place on the course contact:

Carolyn Holmes on **07899 954531**, carolynholmes@live.co.uk or
Rosie Tamkin on **07752 629424**, rosie@individualnutrition.co.uk