



Serving up first class support – in and out of group

Our generous eating plan makes slimming easier than you ever thought possible! Instead of telling you what you can and can't eat, Food Optimising puts you in control. You don't need to worry about weighing all your food, counting points or monitoring every mouthful.

Slimming World's highly effective approach to weight loss is empowering and enabling. Our support – online and in group – is based on a deep understanding of how you feel and a passionate desire to help you achieve your personal weight loss goals – and maintain them for life!

Success isn't achieved by setting impossible standards, or through humiliation, it's achieved through caring, compassion and respect. You decide what size you want to be and we'll help you get there. At Slimming World we work together to help you look and feel great – body, mind and soul.

Taste the difference...

What you'll get with Slimming World

- *An amazing no-hunger eating plan that you'll love*
- *Recipe and menu ideas for every occasion*
- *Family friendly eating in and eating out ideas!*
- *Our fabulous lifestyle activity programme, Body Magic*
- *Awards and celebrations for every achievement*
- *Loads of help, encouragement and motivation when you need it most*
- *Slimming strategies that will help you lose weight beautifully and keep slim for life!*

Thursdays at 9.30am and 11.30 am

If you'd love to lose weight without feeling hungry, welcome to Slimming World! Reach your weight loss dream - enjoying the food you love! Success isn't achieved by setting impossible standards, or through humiliation, it's achieved through caring, compassion and respect.

For more information call Tracey on 07507 325599