



# SMALL GROUP WEIGHT LOSS PROGRAMME

FOR ANYONE WHO IS LOOKING TO LOSE  
**5 KG OR MORE**  
**WITHIN 3 MONTHS**

STARTING DATE

**13 SEPTEMBER 2019**

FOLLOW-UP EVERY FRIDAY AT 1.30PM

PROPOSED BY

**AMANDINE AUTESERRES**  
NUTRITIONIST

WHERE

**MAKE ME FEEL PHARMACY**  
25 ABBEVILLE ROAD  
LONDON SW4 9LA

**LIMITED PLACES TO 10 PEOPLE**



*Small group intervention with intensive, highly structured, lifestyle intervention, involving face-to-face interactions and support from a Nutritionist have been shown to be effective in promoting weight loss and maintenance.*

## **WHAT TO EXPECT ?**

- Initial 1-to-1 telephone consultation
- Weekly group meeting & support for 12 weeks  
Every Friday at 1.30pm, duration 1 hour  
Starting on Friday 13 September 2019
- Nutritional plan sent by email. Weight loss programme based on Nutritional Education.
- Weekly review of the nutritional plan
- Weekly record of the weight
- Whatsapp Group Support: ask any questions, share experience, receive motivation, tips and support

**COST:** £60 per month - Total price £180 (3months)

**REGISTRATION FEES:** £30

£30 Deductible from £180 - no refund if you cancel

## **FOR MORE INFORMATION:**

Amandine Auteserres

Nutritionist, Specialized in Weight loss management

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