



SMALL GROUP WEIGHT LOSS PROGRAMME

**FOR ANYONE WHO IS LOOKING TO LOSE
5KG 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

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