



Healthy Living for Weight Loss



Are you fed up with yo-yo dieting?

Do you long to lose weight and keep it off?

Do you want to prioritise your health as you
shed the pounds?

Join certified health coach Christine Frey and fitness instructor Fiona Clayton to discover a way of eating and living which promotes health and enables you to achieve and maintain a healthy weight while still enjoying your food.

**To find out more, contact Fiona Clayton on 07910121431 or
flclayton@hotmail.com**

Christine Frey - Health Coach, Counsellor, Mindfulness Teacher. Lover of travel, learning and ageing with purpose & passion.



Fiona Clayton - Move It or Lose It Fitness Instructor & Workshop Facilitator. Lover of the arts, learning, travel and all things health related.

Based on their own experience and the latest research, Christine & Fiona will lead you through this six-week programme, packed with information and knowledge that will change the way you nourish and care for your body, and think about food. The weekly sessions will be supportive and fun and are for anyone wanting to feel better and have more energy, as well as losing weight.



Dates: Weekly from Tuesday 8th Oct, finishing on 19th November, 7 – 8.30pm. There will be a break for half-term when there will be the opportunity to join a bonus online catch up, on Tuesday 29th October.

Venue: 11 Dormer Place, Leamington Spa, CV32 5AA

Cost: £150 (includes tea/coffee on arrival).

To find out more, contact Fiona Clayton on 07910121431 or flclayton@hotmail.com