

My healthy Weight Programme



**Lose weight
and
feel healthier**
with our 6-week
programme

In partnership with



www.bromleymytime.org.uk

•bromley
mytime

Myhealthy Weight Programme



weekly progress checks

personal information pack



healthy eating, lifestyle and nutritional advice

6-week structured programme



a varied range of exercise sessions

1½ hour weekly session including:

45 minutes interactive discussion and support

45 minutes specialised exercise sessions

Introductory price from only £48

Available at the Spa at Beckenham – call 020 8650 0233

BOOK NOW – PLACES LIMITED