



***Fed up with dieting &
attending weekly
meetings!
Lose weight by learning to eat
well!***

NEW!

***Free Weight Loss and Nutrition
Advices at FRESH & WILD!
On: Friday the 20th of April
From 3 to 7 pm.***

“Just come along! You can bring your last 3 daily menus, and I will give you some tips on how to improve them in order to lose weight and to eat healthily! Other enquiries? I am here to help!”



**WEIGHT LOSS &
NUTRITIONAL ADVISER**

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