



because you're amazing



*Loss weight without feeling hungry or deprived,
slim more easily than ever before!*

We promise you that when you join Slimming World, Ardleigh House you'll experience something totally different... A very warm and friendly welcome is waiting for you

- *A friendly and highly trained Consultant to guide and support you*
- *The promise of no humiliation or judgment – just care, support and encouragement*
- *The most effective support there is – Image Therapy*
- *Support and advice, not just in your group, but during the week too*
- *Free life membership when you achieve your Personal Achievement Target**
- *Free online access to our exclusive members-only website, LifelineOnline*

Taste the difference....

- **Never go hungry again!** Our Free Food list includes masses of food that you can eat in unlimited amounts.
- **Eat as much as you want, when you want!**
- **No food is banned!** Enjoy your favourite treats every day and still lose weight.
- **We'll support you every step of the way** – in group and online where our Consultants and your fellow members want you to succeed just as much as you do!
- **You set your own target.** You choose the weight you want to be and together we'll achieve it

Price information

- *Pay weekly or sign up for 6 or 12 weeks – boosting your commitment and saving £££s!*
- *Once you've joined, you'll pay just £4.95 (less for senior citizens) or £4.65 **Our generous eating plan makes slimming easier than you ever thought possible! Instead of telling you what you can and can't eat, Food Optimising puts you in control. You don't need to worry about weighing all your food, counting points or monitoring every mouthful.***

For more information call Tracy

07950064067

