



appetite for life



A six week weight management and healthy lifestyle programme designed for anyone fed up with dieting and just want to have a normal relationship with food. Appetite for Life is not a diet. It promotes lifestyle changes that help you lose weight slowly, maintain weight loss and feel good about yourself in the process.

When: Starting Tuesday 26th August, 5-7pm

Where: 80 Rattray Street

Cost: FREE

Register: RSVP by 22nd August to Amanda on 027 378 1893 or Carol on 027 282 0693

For more information about the course see www.appetiteforlife.org.nz

Programme developed by Community & Public Health, CDHB



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