



8/12 WEEKS TO TARGET WEIGHT

WEIGHT TO GO

**WHAT
DOES IT
ENTAIL**

- WEEKLY MEETINGS WITH A REGISTERED DIETICIAN
- 1 INDIVIDUAL CONSULT
- INDIVIDUALIZED DIET PLAN
- 8/12 GROUP MEETINGS
- A NEW NUTRITION TOPIC EACH MEETING
- WEEKLY MEASUREMENTS
- GROUP SUPPORT & MOTIVATION
- MEDICAL AID RATES

WHERE

- N.H.C NORTHCLIFF
- N.H.C HONEYDEW
- N.H.C BRYANSTON

WHEN

ENQUIRE AT RECEPTION FOR THE STARTING DATE OF THE NEXT GROUP IN YOUR CENTRE!

JOIN NOW - LOSE A DRESS SIZE IN THE NEXT 2-3 MONTHS!

RUN BY THE REGISTERED DIETICIAN
IN YOUR AREA!

HONEYDEW - 011 801 5600
NORTHCLIFF - 011 214 9000
BRYANSTON - 011 700 6666

