

Shape Up for the New Year

0777073586

4 Week Weight Loss Group Course

Dates: 18th, 25th Jan, 1st, 8th Feb.
Times: 4.30 - 6.00pm
Place: 11 Shangani Road, Mt Pleasant
Cost: \$80 per person (worth over \$200)
Limited to: 6 People



Kickstart your weight loss and health in a fun, interactive and supportive environment with naturopathic nutritional therapist Laura Mussell.

You get all this:

- **Nutrition and health education:** How to shift that stubborn fat, control your weight long term, improve energy & mood, control cravings and minimise your risk of diabetes, heart disease and other serious illnesses.
- **Lifestyle coaching:** Visioning and goal setting, exercise, managing stress, time management, emotional eating, mindful eating, boosting confidence and self-image.
- **Health boosting topics:** Weight loss.
- **Weekly Bio Impedance Analysis:** Weight, body fat%, hydration, metabolic age etc.
- **Materials:** Nutrition manuals, meal plans, coaching tools, progress trackers, food diaries and more.
- **Whatsapp group:** Dedicated to those on the course for support and sharing experiences through the week.

The programs empower you with the knowledge and tools for a lifelong sustainable diet and lifestyle. At the end of the program you can continue onto the next one to take your health and wellbeing to the next level or opt for private one-to-one sessions.

Get in touch on **0777073586** or email your details to **info@lauramussell.info** to enquire or register your place.



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