

"The course has improved my understanding of how to implement changes in my thinking, habits and actions!"

**Starting
Tuesday 13th
May 6pm @ St
Pauls Centre
Spennymoor**

"Excellent guidance to making better choices that lead to a healthier lifestyle and lower bodyweight!"

Leaner for Life!

**The free 12
week course
that will give
you the tools to
lose weight and
to keep it off!**



**for more information
and to sign up
contact:
shirley.fidell@nhs.net
Tel: 07512330911**



**Sedgefield North Integrated
Health Coaching Service**