

# Reshape

## Lose weight, not your mind!

Reshape is a 6 week programme combining 3 weight-loss therapies:  
Nutrition & Activity • Acupuncture • Hypnotherapy

Become **slimmer** and **healthier**  
Increase **energy** and **self confidence**  
Improve **body shape** and **fitness**

80% of people need support to lose weight so join our next group  
Tuesday evening, 19 January 2010 at Tapton Hall, Sheffield

Enrol now by contacting Jo at the Good Health Group

**07971 115758**