

Join our weight loss circle today


Have health professionals advised you to lose weight, but you don't know where to turn?

Weight Away is a new human and holistic way to claim back a healthy body: working as a group we will be nurture, fun and creative ways for each member to further their own goals to lose weight. Working together we will find our own answers. Joining includes: :

- **Registration, induction and progress check-ins**
- **2 hour commitment per week for 6 weekly sessions**
- **Free Weight Away membership to dedicated online forum**
- **Opportunities to continue working with your circle and other Weight Away members, including training to be a circle facilitator**

Programme starts from July 2015, places are limited

To book contact us:

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