

LOSE WEIGHT WITH MEIRA SHORE

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**DO YOU
WANT TO GET INTO
SHAPE FOR THE SUMMER?
TO LOOK GREAT IN YOUR
SWIMWEAR AND FEEL
HEALTHY AND GOOD
ABOUT YOURSELF?**

A WORKSHOP THAT INCLUDING 4
CLASSES OVER 7 WEEKS
ON TUESDAYS AT THE HEALTHY
LIVING CENTRE 7-8:30PM
STARTING APRIL 23 2013 at 7:00

*The Healthy living Centre
282-284 St. Paul's Road
London N1 2LH*

A weight loss program using
Hypnotherapy and NLP,
results can be seen within 3
weeks!

In this workshop you lose
inches, fat and self doubt and
you gain self control,
confidence and a lean body.

Small group sizes of up to 6
people and only £40 per class

Attending all 4 classes is a

must.

Cost includes 4 cds and a
manual.

lose weight and keep it off
forever, without dieting.

For booking and more
information visit

www.meirashore.com

or contact Meira directly on

07966659299

info@meirashore.