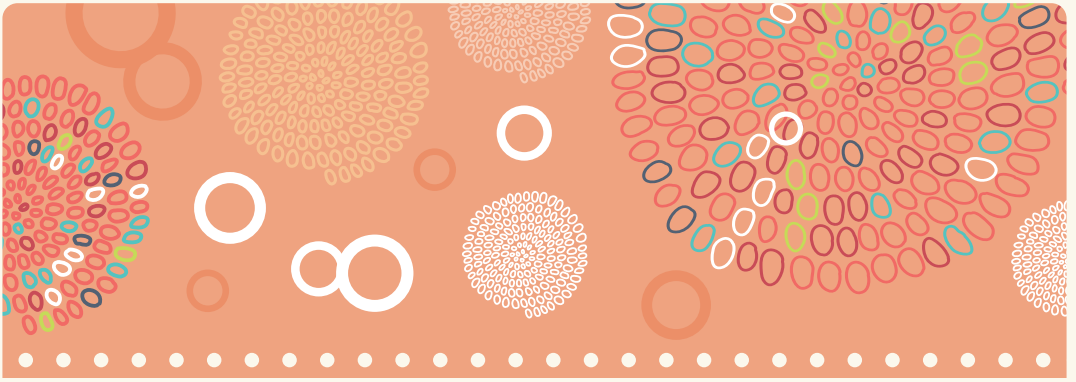


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Anna Guest - Jelley

Happiness

isn't size

SPECIFIC

Be your own best friend



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Well Now

A healthy respect for everybody...

Course available to help:

Feel more confident about yourself and your body

Learn to **listen to your appetite** and **emotions**

Discover more about **enjoyable, nutritious eating**

9 WEEK COURSE

**Tuesday 19th January
to 15th March**

5.30pm to 7.30pm

**Sidney Sussex
Pavilion**

CONTACT DETAILS:

Developing Healthier Communities

 01472 323837

 wellnow@nelincs.gov.uk

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