

health seminar

Patrick Holford, founder of the Institute for Optimum Nutrition and author of over 30 health books invites you to attend this seminar. Discover the ultimate way to lose weight, gain energy and transform your health in this ground breaking seminar..



“Optimum Nutrition for Weight Loss, Health & Vitality”

Thursday 4 March

7.30 - 9.15 pm

**Crowne Plaza Hotel
Marlow**

Ticket Price: £10.00

“ I lost 3 stone, never felt hungry, have so much more energy and no longer need medication. This diet is easy to stick to and the food is delicious. ”

Kira, GMTV dieter and former diabetic

Do you want to:

- ✓ Lose weight quickly and keep it off
- ✓ Feel full and full of energy
- ✓ Improve your well-being and body confidence
- ✓ Lower cholesterol without drugs
- ✓ Prevent disease
- ✓ Reverse diabetes
- ✓ Feel better than you have in years

70% of the population is overweight and 84% report feeling tired all the time? What can you do to take control and avoid being part of these frightening statistics.....?

Find out here. Book your place on this workshop by calling Nutritional Therapist and zest4life Coach Ann Garry:

07771 552276

anngarry@zest4life.eu

Meet the health expert dedicated to transforming your diet, your health, your life..

*“One of the world’s leading authorities on new approaches to health & nutrition”
Daily Mail*



**Take control of your health
It's time**

Patrick **Holford's**
zest4life
nutrition & weightloss