

Introducing the "Slim Jim 'n' Jan" program



"It's a supportive holistic program with a difference"

Designed for you by Kerin Barnard:

- ◆ **Dietitian:** Accredited Practising Dietitian (APD), MN&D;
- ◆ **Exercise Adviser:** BAppSciHM-Exercise Science; and
- ◆ **Passion Test Facilitator.**

Successfully assisting people for 15 years.

It's for men & women wanting long-term weight loss:

- It's a relaxed, supportive, encouraging & **fun** group program
- **No restrictive short-term diets**, instead **practical and realistic ideas** about food balance, feeling sustained, exercise, **plus** 'mindful & motivational thinking' knowledge to make it easier for you
- It's motivating, using well recognised **coaching, psychology and holistic approaches to overcome common barriers** eg 'comfort' eating
- It gives you the **practical skills, knowledge and confidence needed to overcome common problems to achieve long-term weight loss & a healthy lifestyle** (*and still have some fatty/sugary foods too*)

Afternoon and evening group sessions available.

Simply contact Kerin on ph: 0428 217 403 to book your place. There are limited places so get in early.

www.bendigodietitian.com

