



## **Group Coaching Every Thursday in September 2011**

**10.30-11.30am or 5.30-6.30pm**

**For Ladies over 45 years of age and beyond**

**Changes for health and well being** (love well, eat well and be well for the rest of your long life) – five sessions. **Total cost £100** This includes material on our best style, best diet, best changes, best balance, best maturity and the best that we can be! You have nothing to lose and everything to gain! Invest in your future – you are worth it!

Book early to avoid disappointment – contact Gwen Purdie!

Email [sandy-gwen@lethem-lodge.co.uk](mailto:sandy-gwen@lethem-lodge.co.uk)

Web [www.lethem-lodge.co.uk](http://www.lethem-lodge.co.uk)

Mobile: 07789681981

**Individual coaching is also available.**

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