NEW!!!!

I'm running a **21 day online Autumn Energy Programme** to start after half term!

**Re-set your metabolism and reboot your energy after the summer ice creams and mojitos!**

* **A healthy balanced eating plan that is easy and practical for busy lives.**
* **Seasonal delicious family friendly recipe pack.**
* **A closed Facebook group- 21 days online support**
* **Daily tips and motivation on areas such as stress, digestion, hormones, cravings, sleep and more!**
* **A Health and Energy Review with me at the start and finish to set your goals and assess body composition. (in person of via WhatsApp)**

**The cost of the programme is £65 (includes Eventbrite fee) and I’m offering a early bird discount of £55 if you book before half term**   
**Booking is now open – click here to reserve your place**

[https://www.eventbrite.com/e/autumn-energy-programme-tickets-75591244447](https://www.eventbrite.com/e/autumn-energy-programme-tickets-75591244447?aff=utm_source%3Deb_email%26utm_medium%3Demail%26utm_campaign%3Dnew_event_email&utm_term=eventurl_text)

Let’s boost your energy, promote healthy eating habits and perhaps help you shift some weight

Click here to get booked on

**Take the challenge and feel the difference!**