

Join us for an introductory session of the GEWL Programme

Come and hear some tips on how to kick start your weight loss goals or to support your existing journey!

**Light Refreshments Served** 

Counsellor & Psychotherapist | Titi Hill

Partner | Dr Melissa Rodriguez

Caterer | Moka Bros & Doko

**Host | Beijing United Family Hospital** 

Date 日期



Time

**10 - 12** 

Sept



Time

6:30 - 8:30

Sept

**Book a Morning or Evening Session** 20-25 Spaces per Session **Book Now** 

Venue | 会场

**Beijing United Family Hospital** 北京和睦家医院

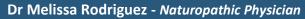
## **Good Enough Weight Loss Programme**

- Learn how to:
- Wean yourself gradually from cravings Gain ideas for organising a 7 day meal plan
- Get advice on an exercise plan that works for your body type and age
- Get ideas on how to reduce nutrient deficiency
- Learn how to manage body pain
- **Develop strategies to manage self**defeating thoughts
- Tap certain acupressure points in the body to reduce cravings and negative emotions
- Develop habits to support a balanced lifestyle that reduces stress that often creates weight gain
- Find a support partner or network of people to help you achieve your goals



Scan to Register & for more information

**Price: FREE** 











Titi Hill – GEWL Coach

