



HEALTHY EATING 健康饮食



EMOTIONAL SUPPORT 情感支持



FUNCTIONAL FITNESS 功能健身



GROWTH MINDSET 成长心态

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 **5th** **Time** **10 - 12^{am}**
日期 **5th** **日期** **10 - 12^{am}**
Sept

6th **Time** **6:30 - 8:30^{pm}**
6th **日期** **6:30 - 8:30^{pm}**
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 acupuncture 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



Dr Melissa Rodriguez - Naturopathic Physician



Titi Hill - GEWL Coach

