

## Weight Loss Angel

4 week Weight Loss Courses  
Max. 6 people. Location: Kingsteignton

To Check Availability Tel: 01626 335505 or email:[sue@suewray.co.uk](mailto:sue@suewray.co.uk)

These workshops has been developed for people who have tried every conventional diet in the book and still cannot keep the weight off.

Using a combination of complementary health techniques, underlying emotional triggers are addressed, highlighting the strong associations and past patterns of behaviour that develop towards food.

A powerful tool, which is easy to learn and can be self applied is taught from the initial session, enabling people to have a choice over their eating habits.