MORE Life

## TRIED NUMEROUS DIETS AND SLIMMING CLUBS? IT'S TIME FOR A CHANGE!

MoreLife takes a completely different approach to losing weight, helping you to understand and overcome your personal barriers to weight loss.

Based on our cutting-edge research, our FREE weight management programmes put people in control of their own weight loss journey.

## GET IN CONTACT FOR MORE INFO:

Call us: 0808 208 2340 Email us: beds-mk@more-life.co.uk

www.more-life.co.uk @team_morelife

MoreLifeUK

BEDFORD BOROUGH COUNCIL Central Bedfordshire milton keynes council MORE Life

## WHO IS ELIGIBLE?

- Adults with a Body Mass Index (BMI) of 30+
- Adults with a BMI of 27.5+ if from South Asian populations, or diagnosed with any of the following: type 2 diabetes, hypertension, cardio vascular disease, osteoarthritis, dyslipidaemia, sleep apnoea, non-diabetic hyperglycaemia
- Our programmes are suitable for pregnant women

*MoreLife is absolutely superb! I have loved it so much because I have been treated as an individual*

- May, lost 2 stone

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LIVE HEALTHILY EVER AFTER