

FREE



boost[®]

New Mum New You

Are you a new mum with concerns about your weight?

Join our fun and interactive post natal weight management programme today!

Weekly sessions run by a registered Dietitian and Physical Activity specialist.

Energy boosting workouts.

Helpful tips on nutrition for you and your baby.

Programme Information



If you would like to find out about a programme in your area,

please call **0208 323 1725** or email

boost@mytimeactive.co.uk


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www.mytimeactive.co.uk/health