



Fit4Life

**Lose, gain or
maintain
weight with
this program**



Before - After



Before - After

**New weekly
weight management
support group starting;
Thursday October 23rd
7:30 pm
The Grange
Radcliffe-on-Trent**

**It's not a diet...
it's a decision**



/fit4lifeUK



@fit4lifeClubUK



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Liz & Ian Withers, Independent Distributors of Forever Living Products
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