

WEIGHT LOSS AND HEALTH ADVICE



**JUNE
3**



**WEDNESDAY
10AM-12PM**



**BOOKING IS REQUIRED
AS SPACES ARE LIMITED.**



Please ring
020 8886 5346
to book your place.

Confused about weight, food and health advice?

This session explains what really matters – simply and clearly.

It challenges common myths such as “calories in, calories out” and offers simple, realistic strategies to support long-term wellbeing.



**WHY DIETING STOPS WORKING,
CALORIES VS HORMONES**



HABITS THAT HELP

Build small, sustainable habits that support your goals.



HORMONE AWARENESS

Learn how hormones influence your body, hunger and energy.



For adults of all ages



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Nilton Mandelli
Tutor
Certified Health Coach

Nilton is an experienced health and wellbeing tutor passionate about helping people make informed choices and build sustainable habits for a healthier, happier life.



HABITS



HORMONES



HEALTH



REALISTIC STRATEGIES FOR LASTING WELLBEING

