

FREE TO JOIN

WEIGHT MANAGEMENT COURSE

Unable to access fertility treatment on the NHS due to a raised BMI (over 30)?

Wales Fertility Institute offers access to a fully funded, highly effective, sustainable weight loss course that is tailored specifically to fertility patients.

Benefits Of Joining Our Course

You will learn about:

- How to lose weight and successfully maintain this weight loss.
- Setting goals and maintaining focus until you achieve your desired result.
- Healthy mindsets to successfully achieve your goal.
- New healthy eating habits.
- How to stay fuller for longer.
- How to eliminate cravings.
- Recipes and guides for delicious home-cooked meals.

This course is designed to get you in the best possible position for your fertility treatment and is led by a Nutritional Therapist, Karen Mannion, who is a weight loss and hormone health expert. Karen focuses on helping women achieve optimal hormone health to enhance their zest for life.



To take part please email Julia Bradley or Sian Davies at
Wales Fertility Institute at:
Julia.bradley@wales.nhs.uk or sian.davies32@wales.nhs.uk