



**COMMUNITY SPORTS
& EDUCATION
TRUST**

REGISTERED CHARITY NO: 1102239



NORTH HERTFORDSHIRE
DISTRICT COUNCIL



**STARTING
SEPTEMBER**

FREE

12 Week Weight Loss Course

SIGN UP AT www.shapeupherts.com

ENTRY CRITERIA

Hertfordshire Resident
Male Aged 18-65
Body Mass Index of 30+

FOR FURTHER INFO CONTACT:

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Location

Letchworth - The Highfield School