



# THE BELLERIVE QUAY HEALTH HUB

HOLISTIC WELLNESS CENTRE



## 12 WEEK WEIGHT LOSS PROGRAM MONTHLY INFORMATION EVENINGS

### Now available at The Bellerive Quay Health Hub!

To see if we can make an immediate impact on your weight problem, simply make a booking to attend one of our **regular free information sessions**.

### Start realising your weight loss goals today!

Sometimes the hardest part of any effort to tackle a weight problem is simply getting started. Or more specifically, finding a place from which to get started, both mentally and physically.

There is plenty of advertising material out there pertaining to weight loss, so often selecting the right program can be a very confusing process. The truth is that what works for one person, simply may not work for another.

To see if we can get you onto the right path more quickly, The Bellerive Quay Health Hub offer **completely free, no obligation information sessions** to fully explain how our weight loss programs work, how they are different from other programs and how they will work for you.

### Enrolments Essential

See the Website and phone The Hub to book a date!

The Bellerive Quay Health Hub  
33 Cambridge Road  
Bellerive Quay, TAS, 7018

Level 1 Shop 3A - Group Therapy and Education Hub  
Level 2 Shop 6 - Reception and Retail Hub  
Level 3 - Therapy, Assessment and Consultation Hub

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