

## SlimQuest in Burnham & Slough

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SlimQuest – the group weight loss course – has been running successfully elsewhere for a number of years, and is now running successfully in Burnham & Slough.

Next Course in Burnham Starts Tuesday Evening June 15th at 7pm: advance bookings only.

Full course dates:

June 15th

June 22nd

June 29th

July 6th

July 13th

July 20th

Please email me at [sue@freedomfinders.co.uk](mailto:sue@freedomfinders.co.uk) or call me 07721 410813 to book.

The course runs for 6 weeks, each weekly session is an hour long.

Delegates need to book in advance, and pay the course fee of £130 in full to secure their place.

Remember, places are limited to 10 people.

What is SlimQuest?

Would you like to gain control over your food and feel good about yourself?

Well, this is what SlimQuest does - by teaching you NLP techniques you can learn for yourself - how to feel ok about just having enough, how to make food an enjoyable part of your life, releasing you from the grind of yo-yo diets.

Slimquest is not a diet, and it's not a 'slimming class'. We don't set goals and we don't weigh.

The group size is limited to 10 people so you can learn from each other, and get quality training, feedback and attention, from me.

Someone said to me 'I don't want to change my life...I just want to lose a bit of weight!' and SlimQuest is perfect for this – a way to reframe your attitude to food, and find a way to increase your exercise that suits your lifestyle.

Yo Yo Dieting Doesn't Work

People have an emotional attachment to food – after all, it tastes nice! So bouts of deprivation can work, but are not a long term solution – because the emotional attachment is very strong and after a bout of deprivation comes an urge to get the nice feeling back!

So your weight yo –yo's.

SlimQuest teaches you how to have a life in balance. So that 'diets' are something others do from now on!  
For booking, and to find out more, please call me - Sue Roberts on 07721 410813

For some success quotes, go to:

<http://www.freedomfinders.co.uk/Lose-Weight-With-SlimQuest.html>

And for the national SlimQuest website; [www.slimquest.co.uk](http://www.slimquest.co.uk)

Sue Roberts

Cognitive Hypnotherapy, NLP and Coaching for Burnham, Maidenhead and Slough