



BEFORE SLIMMING WORLD: Helen



AND AFTER: A more confident Helen

Be a ser

SLIMMING WORLD

HELEN started putting on weight after her first child was born.

"Being overweight is so depressing – it made me feel frumpy and decidedly unsexy!" she said.

"I also suffer from a condition called fibromyalgia, which is a form of muscular rheumatism and the aching and pain is so much worse when I'm overweight.

"I chose Slimming World to help me lose weight because both my family and I could enjoy the same foods – roast dinners, full English breakfasts and a plate of egg and chips.

"The only difference was the way I cooked it. Dropping several dress sizes, my confidence is now sky high. I have taken up my singing career again because I have the confidence to stand up in front of lots of people and live my dream.

"Having been so impressed with what I have achieved, I decided to become a Slimming World consultant and I now run the Molesey Group which meets Thursdays at 7pm in St Barnabas Church, Vine Road. Why don't you come along and find out a little more about Slimming World?

"I look forward to seeing you there, and don't forget to bring your friends!"

THE GOLDEN GROVE

COME to the Golden Grove pub, in Chertsey, this Bank Holiday weekend, where there's fun for all the

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