

# Love yourself and lose weight for summer

## A Valentines Conversation

with ITV's 'Biggest Loser'  
and BBC's 'Fat Nation' doctor  
**Dr Ian Campbell, MBE**

one of the UK's most respected weight-loss and obesity doctors presents the facts and fiction on losing weight, followed by your questions

**Wednesday 19<sup>th</sup> February**

**7-8pm**

**Hearty Goodfellow Pub,  
Southwell**

(Grab a drink, meet in  
function room free  
on site parking)



*"We are constantly being tempted to eat, drink and sit, so what better place to think about small changes that make a BIG difference than in a pub"*  
**Dr Ian Campbell, MBE**

**Places limited - text or call Felicity 07739 419219 or email: [fporritt@mac.com](mailto:fporritt@mac.com) to reserve your FREE place(s) or arrive on the night**

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Attendees entitled to 10% off Bodylibrium's 12 week programme.  
Applies to all future purchases - no obligation to sign up.  
Bodylibrium average weight loss of 10% over 6 months

**Contact: 08446 933340 (calls charged at local rate) [www.bodylibrium.co.uk](http://www.bodylibrium.co.uk)**