



# Fit Club

**Every Tuesday at  
HFT Resource Centre  
4.00 - 5.30pm**



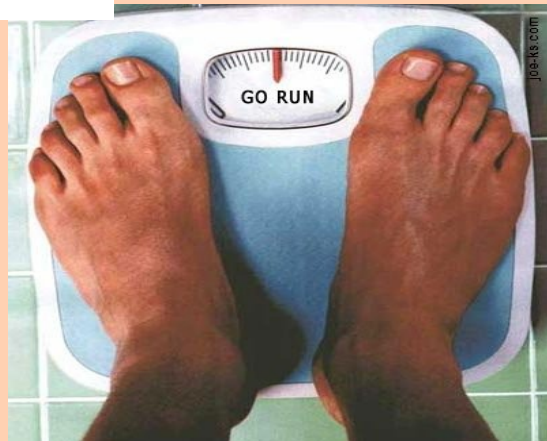
**TALKS ABOUT HEALTHY LIFESTYLES**



**Cost: £5.00  
per week**

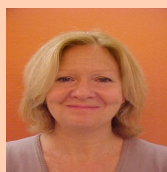
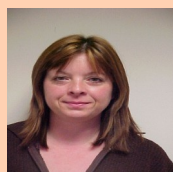


**Individual weight charts to  
record your progress**



**Food tasting**

**If you are interested  
please call Michaela**



**or Julie on  
020 8942-9769**