

Get your FREE PROFESSIONAL
advice on MAINTAINING your
HEALTHY WEIGHT today!



ONLY available in
OCTOBER

BECAUSE THERE'S ONLY
ONE YOU

Learn how to calculate your **BMI**, **waist circumference**, how to **plan meals** using calories count **and much more!**
(completely **Anonymous**)

**For your FREE walk-in
consultation, please show this
card to any of the pharmacy team!**

Consultation will involve: teaching you how to measure your BMI, waist circumference, access to local support groups and organizations as well as self-help monitoring equipment and much more...

ONLY valid in October 2020