

## Programme Options

Dates	Venue	Times	Price	Programme Details
Monday starting 11 Jan 2010	Crowne Plaza Marlow	9.30am – 11.30am	£180	12 week <b>zest4life</b> programme
Wednesday starting 13 Jan 2010	Crowne Plaza Marlow	7.45pm – 9.45pm	£180	12 week <b>zest4life</b> programme
Friday starting 15 Jan 2010	Crowne Plaza Marlow	9.30am- 11.30am	£180	12 week <b>zest4life</b> programme
Executive programmes start anytime	Client's home	As agreed	£399	12 week Executive <b>zest4life</b> programme. Groups of 4-6, includes 2 x 1:1 nutritional consultations and customised weekly exercise sessions.
1 to 1 coaching start anytime	Client's home	As agreed	£ 85 per hour	Individual weightloss and nutritional coaching

## Making a booking

To make a booking and secure your place, please complete and forward the booking form overleaf together with your deposit cheque for £50.00. We will then contact you to confirm your place. You will also receive a nutritional assessment form for you to complete and return to us prior to joining. Thank you.

*Ann Garry*

| Nutritional Therapist | BSc (Hons) Nutr Therapy | mBANT |

**zest4life**

[www.zest4life.eu](http://www.zest4life.eu)

07771 552276



## Booking form

Programme Options	Please tick your option
Please reserve me a place on the 12 week <b>zest4life</b> Monday programme commencing 11 January 2010. I enclose my deposit cheque for £50.00 payable to Ann Garry.	
Please reserve me a place on the 12 week <b>zest4life</b> Wednesday programme commencing 13 January 2010. I enclose my deposit cheque for £50.00 payable to Ann Garry.	
Please reserve me a place on the 12 week <b>zest4life</b> Friday programme commencing 13 January 2010. I enclose my deposit cheque for £50.00 payable to Ann Garry.	
Please contact me to arrange an Executive <b>zest4life</b> programme, with small group (4-6).	
Please contact me to arrange one to one nutritional/weightloss coaching.	

*Please fill in your details below*

<b>Name:</b>	
<b>Telephone No:</b>	
<b>Mobile No:</b>	
<b>Address</b>	

*Ann Garry*

**Nutritional Therapist | BSc (Hons) Nutr Therapy | mBANT |**

Please return this completed form by post (or email) and enclose a deposit cheque for £50.00 made payable to Ann Garry, to the address shown below. Many thanks for your booking.

Claremont  
 Claremont Gardens  
 Marlow SL7 1BP  
 07771 552276

