

**APPLICATIONS  
ARE NOW OPEN!**



# **MAIDSTONE'S COMMUNITY WELLBEING PILOT**

IF YOU ARE CURRENTLY:

**OVERWEIGHT • OVERWORKED • OVERWHELMED**

WE WANT TO HELP YOU RECALIBRATE YOUR WELLBEING!

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12 SPONSORED PLACES AVAILABLE, COMMENCING JANUARY 2019

AT THE FUSION HEALTHY LIVING CENTRE



Funded by  
**golding vision**  
Part of Golding Homes

**FIND OUT MORE & BOOK YOUR PLACE**  
**DAYONEWELLNESS.CO.UK/COMMUNITYPILOT**

**DAYONE**  
WELLNESS

# FREE INFORMATION EVENT

30<sup>TH</sup> NOVEMBER 2018 AT 10AM

AT THE FUSION HEALTHY LIVING CENTRE  
VISIT THE WEBSITE TO BOOK YOUR TICKET

[DAYONEWELLNESS.CO.UK/COMMUNITYPILOT](http://DAYONEWELLNESS.CO.UK/COMMUNITYPILOT)



THE BIGGEST DIFFERENCE WAS MY RELATIONSHIP WITH FOOD,  
I NO LONGER HAVE CRAVINGS AND I'LL NEVER SAY I'M ON A DIET AGAIN  
- THIS IS JUST MY LIFE NOW



RUTH, 46



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**FIND OUT MORE & APPLY TODAY**  
[DAYONEWELLNESS.CO.UK/COMMUNITYPILOT](http://DAYONEWELLNESS.CO.UK/COMMUNITYPILOT)

**DAYONE**  
WELLNESS