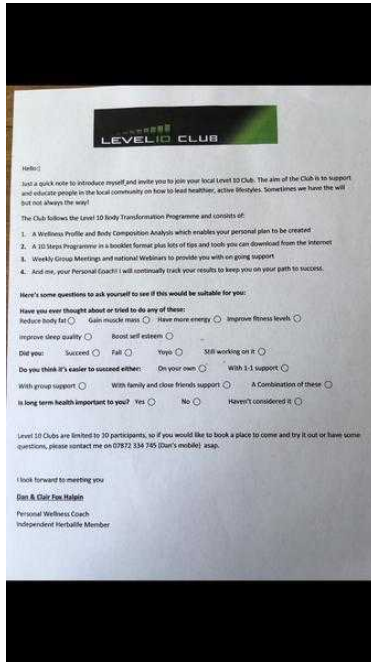



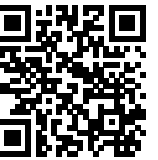
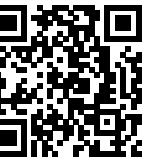



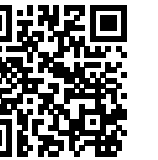



# Level 10 club



Location **North, South Wirral**  
<https://www.freedasz.co.uk/x-354189-z>

Hello, just a quick note to introduce myself and invite you to join your local level 10 club. The aim of the club is to support and educate people in the local community on how to lead a healthier, active lifestyles. Sometimes we have the will but not always the way ! the club consists of: 1- A wellness profile and body composition analysis which enables your personal plan to be crested 2- A 10 steps programme in a booklet format plus lots of tips and tools you can download from the internet 3- weekly group meetings and national webinars to provide you with ongoing support 4- and me, your personal coach ! I will continually track your results to keep you on the path to

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