



Thank you for signing up for the 'Weight loss, mindset and emotional eating' online programme.

Please request to join the Facebook support group: [Click Here](#)

In this group you'll receive plenty of support, guidance and advice to help you achieve your weight loss goal quicker. You'll be part of this Facebook group for one month and you'll be provided with plenty of knowledge and motivation that you'll need in order to overcome your problems with your weight and emotional eating.

I'd also like to offer you a one-to-one call with me where you'll have opportunity to discuss your issues and look at the challenges that you are facing. We'll then together look at the best ways for you to overcome your problems, so you can get closer to your health and weight loss goals. [Please book your call with me by clicking here.](#)

If you have any questions please email me on info@silvanahealthandnutrition.com.

All the best and speak soon

Silvana