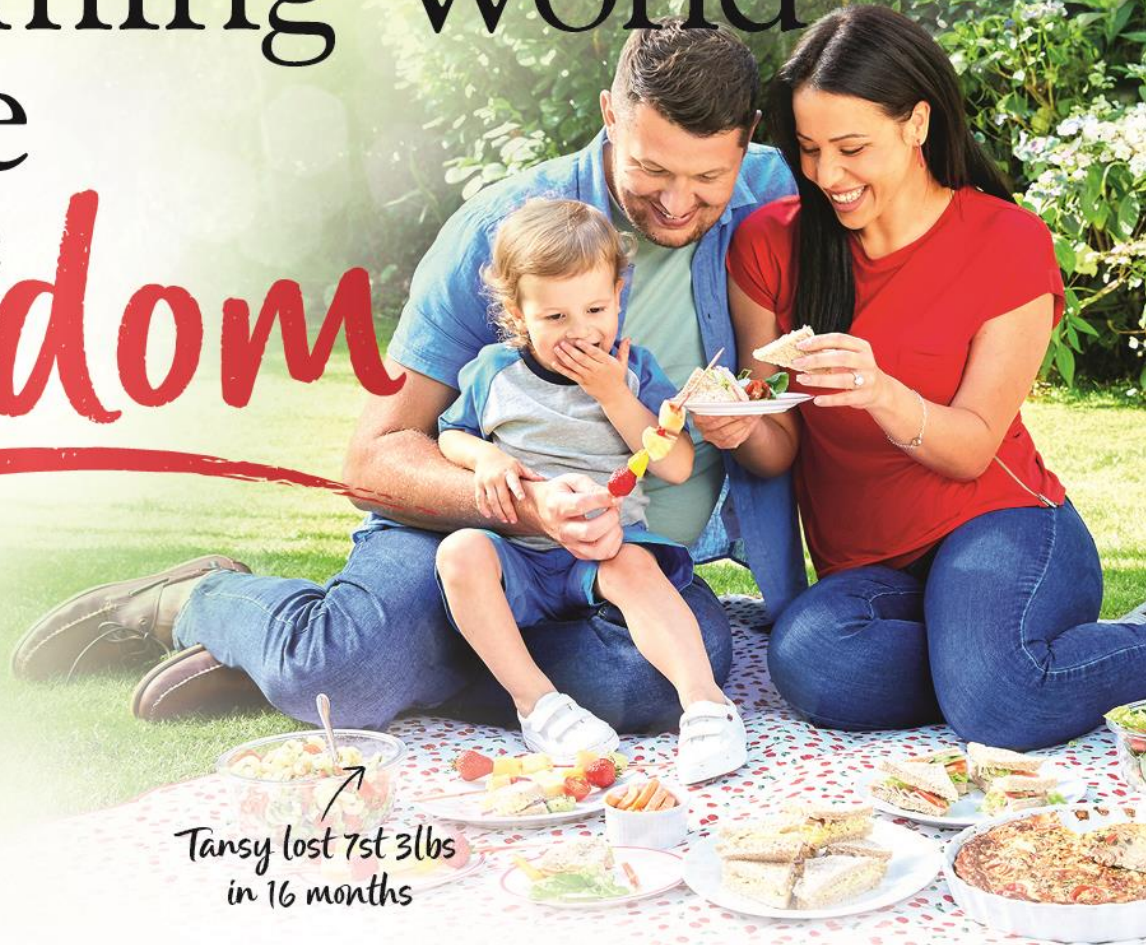


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Tansy lost 7st 3lbs
in 16 months

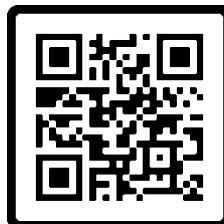
To qualify for this free 12-week programme, you need to:

- Be 18 years or over
- Be a resident of Hertfordshire or registered to a Herts GP
- Have a BMI of ≥ 30 or BMI of ≥ 27.5 from a BAME community or have a comorbidity

To check your eligibility visit:

www.oviva.com/uk/hertfordshire or scan the QR code or speak with your GP or Practice Nurse

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*At participating groups. See our website for more information.



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