

# Family Affair

*a programme for young adults*

Our Family Affair programme helps young people at a time in their lives when they start to take more control over their eating and exercise decisions. With guidance from a GP (or school nurse) it offers free membership to 11 to 15 year olds who attend a group with a parent or adult who has the main responsibility for their meals at home\*. Family Affair helps young adults make healthier choices, and learn new habits that will stay with them for life. 16 to 17 year olds are also welcome in our groups and pay a reduced fee of £3.95/€7.50 a week.

Whatever your age, we promise you'll be treated as a self-determining adult at Slimming World – with respect and kindness; as someone who is capable of making your own decisions – because that's just what you are! At Slimming World you'll **never** be embarrassed or humiliated – only encouraged and rewarded. We'll be with you (and your family) every step of the way.

\*11 to 15 year olds attend free of charge if the accompanying parent/guardian is a Slimming World member. There is a weekly fee of £3.95/€7.50 for a parent/guardian who isn't a member.



*Every year we help over 10,000 young members, to live a healthier life.*

Consultant and long-term target member Lisa Hopton and 'her boys'.

Slimming World Longbenton Community Centre  
Chesters Ave, Longbenton  
Tuesdays 5:30 & 7:30

Slimming World Benton Dene School  
Hailsham Ave, Longbenton  
Wednesdays 5:30 & 7:30

tel/txt Wendy 07761185480  
FaceBook page -  
Slimmingworld benton and longbenton

*visit [slimmingworld.com](http://slimmingworld.com) for your free family friendly slim-down plan!*

To discover why Slimming World is **the** family-friendly way to lose weight, give us a call or find your local group online. We promise, you'll never look back.

**0844 897 8000**  
[slimmingworld.com](http://slimmingworld.com)

**01 656 9696**  
[slimmingworld.ie](http://slimmingworld.ie)

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