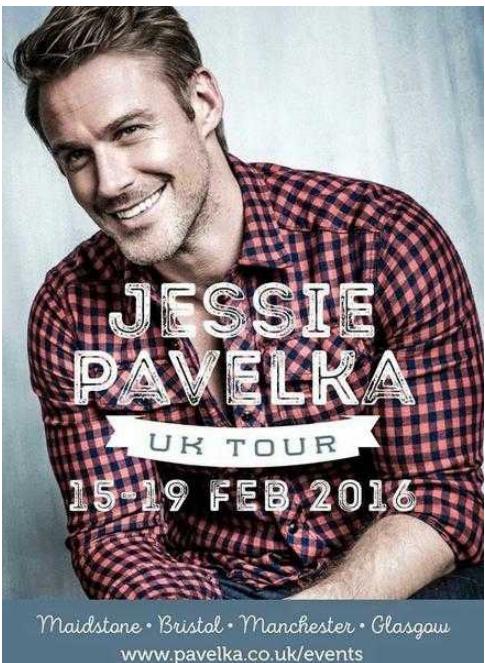


# Sky TV039s Fitness Mentor Jessie Pavelka in Maidstone February



Location

South East, Kent

<https://www.freeadsz.co.uk/x-250303-z>


“During our evening together we will be looking at all parts of fitness and health so that you can achieve that feeling of empowerment, enlightenment and be excited about life. We will work on creating the voice inside of you and putting the options in front of you so YOU have the power to choose. My wish is that you will leave feeling taller, lighter and ready. See you in February!” Jessie Internationally recognised fitness expert Jessie Pavelka (from Sky TV’s Obese: A Year to Save my Life and ITV’s Good Morning Britain) is touring the UK spreading the word about his unique approach to health and well being. Come and spend the evening with Jessie at a choice of four locations across the UK. Learn about his Four Elements of Health and why he thinks Strong, and not skinny, is the new Sexy. Also, get the chance to ask him your very own question. You may like to take advantage of our Fab Four offer – working on your health in a group not only brings accountability and commitment – but it’s also FUN! Create your own ‘health family’ and share the Pavelka experience together. Tickets/details [www.pavelka.co.uk](http://www.pavelka.co.uk)

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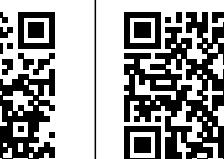
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