

Gemma Jackman Nutrition, Health and Motivation Coach






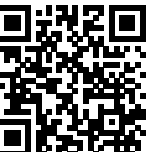






Location **South West, Somerset**
<https://www.freeadsz.co.uk/x-405303-z>



If your thinking about getting help on your weight loss and health my Online monthly groups can help kick start your journey... For more information on enrolling please message me. The group will include:

- Monthly challenges
- Healthy solutions to unhealthy habits
- Weekly Q&A
- Weekly motivation
- Information and help on eating out
- Healthy hints & tips It is limited to 12 spaces per month and the next group starts on 5th September.

BOOKINGS AVAILABLE NOW! For a more bespoke 1-2-1 service or for more information on what I can do for you, please get in.

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