

## News Letter September 2009

### Curves introduces our new and improved Weight Management Plan at our new and improved price – FREE

**Introducing the Curves Weight Management Plan.** Whether you're ready to start losing weight, need to boost your metabolism, or just want to learn more about healthy eating, Curves will be offering a new **FREE** Weight Management Plan starting on Saturday 5th September. Women on the Curves plan have lost weight, boosted their metabolism, lost body fat, gained muscle, and enjoyed other healthy benefits. But don't take it from us. Take the **FREE** Curves Weight Management classes - a unique nutrition programme where you'll learn to lose weight and keep it off for good. These **FREE** weight management classes gives members the opportunity to bring in a friend, colleague or family member to also participate in the classes. For more information talk to one of our circuit coaches.

#### **LADIES EVENING- Time for Women to Focus on Themselves**

Please join us for a fun evening where you can bring a friend to try out the gym equipment, purchase a variety of goods and services whilst enjoying a complimentary glass of wine. Come and have fun on **Friday 11<sup>th</sup> September** a night to be pampered and buy something nice

. **MASSAGE**

. **NAILS**

. **IMAGE CONSULTANT**

. **Make up and so much more.....**

**PLEASE SUPPORT US AND BRING YOUR FRIENDS**

#### **Great South Run – How MacMillan Cancer Support Raise and spend Their Donations**

They rely on our support for 99% of their income. Without us they couldn't provide any of these services for people living with cancer.

**Where the money comes from** – Legacies £45,434,000 This is where people leave money in their wills

**Direct Marketing** - £16,097,000 – This includes funds raised from letters and newspaper and TV adverts

**Other Voluntary Giving** - £50,473,000 this includes fundraising events such as the Great South Run and support from other such like events.

Please carry on the **GREAT** Support you are giving to our 22 Curvettes who entering the Great South Run on. We want to be able to Donate as much as possible. Thank you again