



Weight Loss & Surgery

Many people are now considering the option of surgery to resolves difficulties that they have with their weight.

 offers weight loss surgery coaching to people either considering surgery as an option for them, or those that have already had surgery and are adjusting to their new lives.

Our coach who specialises in weight loss surgery has personal experience, having lost surgery and understands the issues that you may have both before and after surgery.

If you are considering weight loss surgery coaching, please contact Ruth for a chat...

Contact  to find out more!