



Welcome to The Lose-it-Coach's Newsletter - Oct 09

<p>What's Happening</p>	<p>Meeting Plans This Month</p>	
<p><u>Dance Classes</u> We will be restarting Salsa Classes at the end of October on a Tuesday evening 8pm-9pm - cost will be £36 for 6 weeks. If you are interested please let me know and I can book you a place.</p>	<p>Week 1 - World War II Dietary Habits and Porridge Scone tasting</p> <p>Week 2 - Top 10 cancer preventing tips</p> <p>Week 3 - Lose it Coach prize quiz</p> <p>Week 4 - Motivational messages and other ways to stay focussed</p>	
<p><u>New Class Times</u></p> <p>Mon 10.30am Kents Hill Community Centre Mon 11.30am (Men Only) Kents Hill Comm Tues 6.15pm Kents Hill Community Centre Tues 7.15pm (Men only) Kents Hill Comm Weds 2.00pm Kents Hill Community Centre Thurs 10.00am Haversham Thurs 7.30pm Kents Hill Community Centre Fri 1.00pm Cranfield University (New coaches to announce their classes next month)</p>		<p><u>Special Offers</u></p> <p>New and re-joining members - Half Price October membership and free Christmas countdown plan</p>
<p><u>Charity</u></p> <p>Well done to Chris Dix who completed his run in a very good time and good luck to Sue who runs for charity in October!!!</p>		<p>Current Members - Introduce a friend in October and receive a £25 Argos voucher (start your Christmas saving with the help of The Lose-it-Coach)</p>