

## You are not alone...

### **Fertility Weight Loss Group**

These meetings are for those affected by a fertility issue and, who are trying to lose weight to progress with their fertility treatment pathway.

Have you been told by a clinician to reduce your BMI? Are you feeling a bit lost and under pressure? Feel like you have a mountain to climb? If so, then this is a great fertility group for you to join to speak to others who really understand.

Peer support can really help. No judgment, no pressure. Just motivation and support. This group will help you to try and reach your goals and improve your overall wellbeing. We really welcome partners too. Support of a partner is so important for long lasting, healthy weight loss.

To join our monthly meetings, email [alice@fertilitynetworkuk.org](mailto:alice@fertilitynetworkuk.org)

To keep in touch in-between meetings, join our private FB group

<https://www.facebook.com/groups/486906232290438>