

are you looking
for advice on
managing your weight
through pregnancy
and beyond?



Slimming[®]
—WORLD—



Visit slimmingworld.co.uk/mums
for expert advice on eating well,
staying active and living a healthier
lifestyle before, during and after
your pregnancy.



Slimming World and the Royal College of Midwives
work together to help women successfully
manage their weight before, during and after
one of the most exciting events in their lives.