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**Ernest Geldart**

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web choose to lose is a community based peer support weight loss programme for adults which is designed to be delivered in a group setting it is designed to empower participants how to achieve and maintain a healthy weight and is free of charge

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web choose to lose is a community based peer support weight loss programme for adults designed to be delivered in a group setting in order to empower overweight obese participants to achieve and maintain a healthy weight the programme is delivered by people working within the community facilitators with support from dietitians

**choose to lose youtube** - Dec 08 2022

web welcome to my channel i m on a journey to achieve a healthy weight and lifestyle and i invite you to join me on this journey i know firsthand how challenging it can be to make positive changes

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