



## E-SaW Private

For those who prefer to become how they want to be in their own home.

£49 per week

for 1, 2 or 3 people living in the same home.

If you don't much like clubs and groups, or you'd simply find it more pleasant and convenient to do E-SaW's Guaranteed Permanent programme from the comfort of your own home, then E-SaW Private is exactly what you need.

Just like the E-SaW Club, E-SaW Private mixes learning with someone you can turn to when things seem to be a bit difficult plus tests about your physical changes and fun surveys about the emotional changes that you'll be making.

And, also just like the E-Saw Club, you can keep in contact between the meetings online or by email, telephone or text.

The only difference is that the meetings take place in your home, and only people who you want to be there are present.

And it's not expensive. You can have up to 3 people who live in the same home on board for a total of £49 per week.

If you have friends who would like to join with you, that's fine too. Each additional person is just £24 per week. We will be more than happy to go through this with you.

### What's included?

- Your meetings in your home
- Support between the meetings through an online Personal webpage, text, telephone or email - or any combination to suit your life
- All materials and resources that E-SaW Club members receive
- Discounted access to E-SaW events, publications and products
- Support and advice relating to food, exercise and drink and your journey to becoming the size you really want to be

### What's not included?

- Support and advice on other life issues not directly relating to food, exercise or drink.

*These are, however, readily available and E-SaW Club and E-SaW Private members receive these at a discount. We will be very pleased to help you choose what advice and support you need.*

### E-SaW Private at your work, rather than your home:

We are happy to attend your workplace.

Please check with us on cost if you would like to have some work colleagues do The Guaranteed Permanent with you.