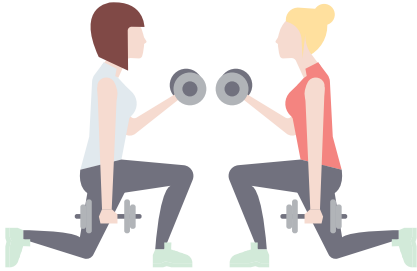


GET THE SUPPORT **YOU NEED**



FIND A
GYM / WEIGHT LOSS
BUDDY



FIND ONLINE
SUPPORT



TALK TO YOUR
FAMILY AND FRIENDS



BE KIND
TO YOURSELF



FIND SOME
“ME” TIME



TALK TO
YOUR DOCTOR