

# Weight-loss talk in Cape Town on 14 November

After maintaining his 70kg weight loss for three years now, PR man Brian Berkman shares the tools that helped him lose weight and keep it off on Monday, 14 November at noon at Richard's Supper Stage & Bistro in Sea Point.

"The decision to package a how-to talk comes from a high demand from people who also want to change: I lost weight and took back my life from the brink of invasive and costly surgery but I also gave myself the opportunity to live a life free from constant pain which I had told myself was normal," he says. "My goal in presenting this talk is so that others who also feel dissatisfied with their life can be motivated and given the tools to change as well as a few easy yet fabulous recipes with which to entertain friends."

The two hour interactive session, held at Richard's Supper Stage & Bistro in Sea Point at 12 noon includes coffee/tea and a low-carb snack. Bookings, at R250 per person. Information and bookings at Quicket or by clicking <http://qkt.io/zJ535o>.

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