

Sponsored slim: help yourself and a great local charity!



Thank you to our models from the Honeysuckle Inn in Ramsgate, who are being sponsored to slim for Pilgrims Hospices.

**Decided
to lose weight
and shape up?**
Why not add an extra incentive
to help you achieve your goals?
Challenge your friends, family
or colleagues to slim and
fundraise together!

Pilgrims Hospices provides palliative care and support for people in east Kent with illnesses that cannot be cured. Over 75% of our funds are raised by the generous support of the local community.

Download a sponsorship form from www.pilgrimshospice.org or collect one from: