

REVERSING DIABETES

Learn how to prevent and reverse diabetes to get the most out of life and to
LIVE HAPPIER & HEALTHIER



Thursday & Mondays

8 sessions: **MAY - 4, 8, 11, 15, 18, 22, 25 & JUNE 1.**

7 p.m. each evening

LOCATION - Adventist Church hall, 146a Dalestorth St, Sutton-in-Ashfield, NG17 4EY

£1.00 per session.

Pre-registration important - Tel 07895 293662

With guest health presenter - Grace Walsh [Pg.Dip. - health promotion]