

# REVERSING DIABETES

Learn how to prevent and reverse type 2 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]**

*Supporting the NHS to raise awareness of Diabetes Self-management*

*Sponsored by the Seventh-day Adventist Church*