

DIABETES AWARENESS



Let's kick
diabetes



Wednesday 13 September Online 6pm - 7pm

A 60-minute free online session with
talks from a local GP and author of the book
Carbs of Cals: World Foods.

They will be discussing diabetes prevention,
management and dietary recommendations

FREE RAFFLE
win
Carbs & Cals:
World Foods
Book

To book your place or for more
information please scan the
QR code or call 01923 727239

