



DO YOU LIVE WITH TYPE 2 DIABETES?

Come and hear the latest on type 2 diabetes remission using a real food diet for patients of surgeries in Sale

Speakers include Dr Zak Goga GP at Boundary House Surgery and Helen Gowers RD

WHAT PARTICIPANTS SAY...



JOAN

TLC was a serious wakeup call for my health. I learnt a lot and improved my blood glucose!

TLC has been life changing! My blood test is now back in normal range!



JIM

- **Type 2 diabetes remission is a realistic goal for many people**
- **Medication reduces symptoms, but changing your diet can fix the underlying cause – insulin resistance**
- **The Lifestyle Club (TLC) offers an 8-week course and lifetime support to help you achieve your health goals**
- **Please reserve your seat at one of the four venues in Sale**

17th April 6:45pm Washway Medical Centre
18th April 10:15am Sale West Youth Centre
18th April 2pm Sale Moor Community Centre
18th April 6:30pm Conway Road Medical Practice

Reserve your FREE seat at www.PHCuk.org/TLCevent

