

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 PARTICPANTS SAY...



JOAN

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



JIM

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

- 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

