



Low carb/real food lifestyle

Free six-week online programme via Zoom

- **Get better control of type 2 diabetes (even put it into remission)**
- **Reverse pre-diabetes**
- **Reduce blood sugar and reduce HbA1c**
- **Lose weight without hunger**
- **Improve overall health and wellbeing**

Find out more at our information session on Monday 19 October, 6.30 – 7.30pm. The programme starts Monday 2nd November 6.30 – 8.00pm, with sessions at the same time every Monday.

You're welcome to come along if you have type 2 diabetes, pre-diabetes, live with or care for someone with type 2 diabetes, or have been advised to lose weight.

The programme is run by Lou Walker, a registered health coach, on behalf of the Public Health Collaboration. Find out more at www.louwalker.com/LowCarbCourse or talk to your surgery.

“I think that as soon as someone has a diagnosis of pre-diabetes then they should be offered this course!! It's a LIFESAVER.”

“It's been the easiest way to lose weight that I have ever tried and I am delighted with the HbA1c results.”

“An excellent and life changing course.”

“Very grateful for the opportunity to be part of this programme... very positive and helpful.”

“My general health has improved, my weight has reduced by 7.8 kg and my insulin dosage has reduced massively.”

Find out more and register at www.louwalker.com/LowCarbCourse



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