

THE WILSON PRACTICE

Patient update 9 February 2021

Have you been diagnosed with type 2 diabetes, pre-diabetes, or have you been advised to lose weight?

Could a low carb/real food lifestyle help you?

**Find out with a free, seven-session programme run on Zoom.
February – April 2021**

Info session on Monday evening 15 February – register now

We've joined forces with other local GP surgeries and the Public Health Collaboration to run a free low carb/real food programme designed for people with type 2 diabetes, pre-diabetes, or who have been advised to lose weight.

Starting in mid-February and run in regular online sessions via Zoom, the programme aims are to help people:

- Get control of type 2 diabetes, or even put it into remission
- Reverse pre-diabetes
- Reduce blood glucose and HbA1c
- Lose weight without hunger
- Improve overall health, wellbeing and energy.

The programme is being coordinated by a registered health coach and Public Health Collaboration Ambassador, Alresford-based Lou Walker.

So you can find out more about the low carb/real food lifestyle and what the programme entails, Lou is running an information session on Monday 15th February at 6.30-7.30pm. You'll need to register for the info session.

**Programme sessions are all on Mondays at 6.30-8.00pm:
22nd Feb, 1st, 8th and 15th March (ie weekly); and 29th March, 12th and 26th April (fortnightly).**

Find out more and register for the information session at:

<https://louwalker.com/LowCarbCourse>