

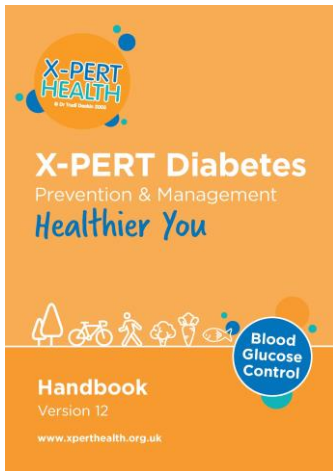


First Steps X-PERT FIRST STEPS

www.xperthealth.org.uk

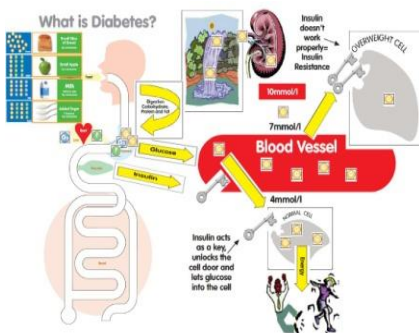
DO YOU HAVE DIABETES?

Why not come along to a **FIRST STEPS TASTER SESSION** & learn more about the X-PERT Diabetes Prevention & Management course



This 2½ hour session will answer key questions regarding self-management.

What is diabetes? What do your health results mean? Nutrition for Health – different dietary approaches? Physical Activity? What are the benefits of attending a full X-PERT course?



Nutrition for Health



We are running First Steps course at:

Bridgnorth Community Hall, Severn Street, Low Town, Bridgnorth, WV15 6BB

on

Thursday 25 October 2018

From 10am to 12.30pm

For more information or to book a place please contact either: 01743 277706 / 01743 277694 / 01743 277693