

Would *you* like to

REVERSE

your **diabetes?**

- * Type 2 diabetic? ✳
- * Pre-diabetic? ✳
- * Overweight & worried? ✳
- 'Dia-Beat This!' ✳

Come to a **FREE TALK** by award-winning TV director Eddy Marshall, *who reversed his own Type 2 diabetes* and will explain the practical facts of **DIABETES CONTROL & REVERSAL**.

The talks will be followed by a programme of fun and supportive weekly group meetings, open to all, to put theory into action, to help participants take control of their health, to lose weight and reverse their diabetes, with the aim of establishing long-term good health.

Eddy is also working on a film about Type 2 reversal, which you may want to get involved in.

Type 2 diabetes is rapidly becoming the world's greatest threat to human health and wellbeing. However, Eddy will explain how a Type 2 diagnosis may not be a **CURSE** but could instead be a **BLESSING**.

**THIS COULD BE THE MOMENT YOUR LIFE CHANGES,
GET INVOLVED & RECLAIM YOUR HEALTH.**

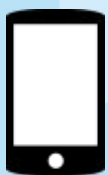
JANUARY TALK DATES:

- ✳ **Mon 9th** - 7.00pm Park Leisure Centre **BARROW-IN-FURNESS** LA13 9DT
- ✳ **Tues 10th** - 7.00pm Conference Centre **LANCASTER & MORECAMBE COLLEGE** LA1 2TY
- ✳ **Weds 11th** - 7.00pm Keg & Kitchen **GRANGE-OVER-SANDS** LA11 6AB
- ✳ **Thurs 12th** - 7.00pm Castle St. Community Centre **KENDAL** LA9 7AD

Entry is free but places
may be limited.

CONTACT DETAILS:

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diabeatthis on Facebook
email: info@diabeatthis.co.uk
Or call Eddy on 07562 414643



"Take a picture, it'll last longer!"

dia-BeatThis!