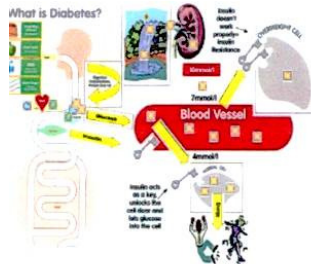
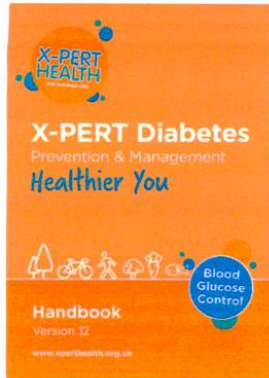




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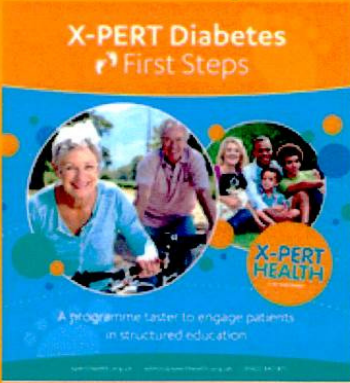
Nutrition for Health



First Steps X-PERT FIRST STEPS

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?

For more info contact your local centre:

Shropshire - Chris on 01743 277693

Telford – Sophie 01952 581109