



# Low carb/real food lifestyle

Free 12-week (six-session) 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: 6.30 – 7.30pm, Monday 6<sup>th</sup> July. The programme starts Monday 13<sup>th</sup> July 6.30 – 8.00pm, with sessions every two weeks. Sessions are online via Zoom.

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. [www.louwalker.com](http://www.louwalker.com). Contact Lou to find out more: [lou@louwalker.com](mailto:lou@louwalker.com).

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

“Over the 12-week period I lost 1 stone 3lb and a whopping 10cm from my waist. More than that I feel happier and healthier than I have for a long time.”

“My HbA1c was 54 in December, it's now 48!! (15 March). My nurse has said I can stop gliclazide and if it continues to go down we'll start reducing metformin. I'm very happy and feel motivated.”

To register for the information session, email Lou at: [lou@louwalker.com](mailto:lou@louwalker.com)



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