



diabetes UNDONE

— INTERACTIVE WORKSHOP —

1 in 3 Americans has diabetes or prediabetes.
That doesn't have to be your story.

Join Dr. Wes Youngberg, lifestyle expert and author of *Goodbye Diabetes*, and Brenda Davis, world-renowned author and plant-based dietician, as they guide you through a hope-filled 8-session video course to reverse diabetes and reclaim your health.

\$50 PARTICIPANT KIT INCLUDES:

- * Inspiring wellness talks
- * Expert advice
- * Group support
- * Cooking demos & samples
- * Diabetes Undone Workbook
- * Diabetes Undone Cookbook
- * 8 Laws of Health DVD
- * Access to the video course



JOIN US TO START A NEW CHAPTER IN YOUR HEALTH STORY

DATES

8 SESSIONS: FROM JAN. 15 THROUGH FEB. 7, 2019
Tuesdays & Thursdays from 6:30 to 8:30 pm

VENUE

BETTER LIVING CENTER @ ENGLISH OAKS ADVENTIST CHURCH
1260 W Century Blvd, Lodi, CA 95240

CONTACT

CALL: 209-369-1021 OR EMAIL: OFFICE@ENGLISHOAKS.ORG
Code: 4PFEGT <https://www.lhngroups.org/workshop/17880>