

Di**beat**ers

**Do you have Type 2 Diabetes?
Would you like to manage it better whilst
improving your health?**

If so, why not come along to our fun, low impact exercise and nutrition classes which are designed to build up your fitness whilst you learn more about healthy food choices.

**Mondays, 6-7pm
Parklands Leisure Centre
Oadby LE2 5QG**

£2.70 per session or £25 up front for 12 sessions

To book your place, please contact
Sara Davies on 0777 595 0084
or sara@saradavies.com

