

diabetes UNDONE

INTERACTIVE WORKSHOP

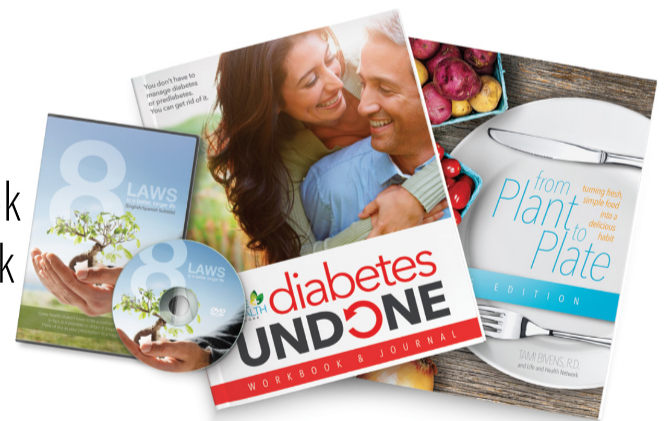
1 in 3 Canadians has diabetes or prediabetes.
That doesn't have to be your story.

Join us for an **exciting hope-filled Diabetes Undone Workshop**. This dynamic recorded series, designed by Dr. Wes Youngberg, lifestyle expert and author of "**Goodbye Diabetes**" and Brenda Davis, world-renowned author and **plant-based dietitian**, will empower you to address the root causes of diseases through lifestyle changes rather than dealing with symptoms. In this eight session workshop, you will learn more about type 2 diabetes and how insulin resistance can be reversed!

\$ 80 PARTICIPANT KIT INCLUDES:

- * Inspiring wellness talks
- * Expert advice
- * Group support
- * Cooking demos

- * Diabetes Undone Workbook
- * Diabetes Undone Cookbook
- * 8 Laws of Health DVD
- * Access to the video course



JOIN US OPENING DAY, JUNE 18 AT 6:30 PM

DATES

**8 SESSIONS: FROM JUN. 18 THROUGH JUL. 11,
2023 6:30 pm to 8:00 pm**

VENUE

**SURREY SEVENTH-DAY ADVENTIST
8520 132 St, Surrey, BC V3W 4N7**

CONTACT

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