



Lose weight for Good

And improve your health!

There will be a healthy eating Presentation at the Rooksdown Practice Meeting room on the **31 May 2018** starting at **17.00 until 18.00**.

This presentation will be given by Elizabeth LePla, a patient at this practice and ambassador for the Public Health Collaboration. She has recently changed her eating habits and has discovered some life changing benefits as a result of these changes. Elizabeth was diagnosed with Type 2 Diabetes and this change in diet has resulted in better blood test results without taking medication.

Elizabeth would like to share her experience with you. This presentation will be of benefit both to those patients who suffer from diabetes and those who would like to lose some weight. This presentation is free for all of our registered patients but we would like to you book as places are limited. Places can be booked by emailing the practice manager on robertweir@nhs.net or you can give your name in to the reception staff. I look forward to seeing you there.