

# Reverse Diabetes the class is back!

## Are you ready to STOP

- ▶ YOUR RISING GLUCOSE LEVELS
- ▶ YOUR UNCONTROLLABLE WEIGHT AND GROWING WAISTLINE
- ▶ YOUR MOUNTING MEDICATIONS

## So you can SAVE

- ▶ MONEY ON MEDICATIONS, FOOD, AND SUPPLEMENTS
- ▶ TIME WITH LESS DOCTOR APPOINTMENTS
- ▶ YOUR PEACE OF MIND BY GETTING AND STAYING AT A HEALTHY WEIGHT

## DARE to learn

How you can make amazing, life-long changes and feel confident in your good health through this healthy, natural, and scientifically proven program led by Dr. Sadhukhan, board certified physician with over 100 hours of training in the Whole Food Plant-Based method.

**Join the class in MAY** 4 TOTAL CLASSES,  
EVERY WEDNESDAY

**May 3 | May 10 | May 17 | May 24**  
10:15 a.m. – 12 p.m.  
Union Community Care  
@Lancaster Downtown,  
304 North Water Street

Stop by the  
Registration  
Desk and sign  
up today!

