

# 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.

**New classes each month** 4 TOTAL CLASSES,  
EVERY WEDNESDAY

**10:15 a.m. – 12 p.m.**

Union Community Care  
@Lancaster Downtown,  
304 North Water Street

Ask the Registration  
Desk about the next  
month of classes and  
sign up today!

