

COMING TO: ALVA, OK
TUESDAY, JANUARY 17 • 6:00 P.M.

diabetes UNDONE

IF DIABETES RUNS IN YOUR FAMILY,
STOP IT NOW!



You're Invited!

Coming to: Alva, OK

January 17 – March 7 at 6:00 P.M.
Every Tuesday for 8 weeks

You will Hear the Following Topics:

- How to reverse type 2 diabetes
- How to reverse insulin resistance
- Build a sustainable healthy lifestyle
- Lose weight and feel better

- **FREE Food Samples**
- **Seminar Book & Materials**

MEET YOUR FACILITATORS: Chantae Simpson and Lucille Dykes



Chantae Simpson and Lucille Dykes have lots of experience in management and experience with healthcare. They also take a personal interest in this topic which hits near to home. They will facilitate this event.

Video lecture materials will be by **Dr. Wes Youngberg** and **Brenda Davis** (dietician). Diabetes Undone is an 8-session program hosted by Dr. Wes Youngberg, DrPH, author of Goodbye Diabetes, and Brenda Davis, RD, world-renowned dietitian. Diabetes Undone will clear away the fog around true health, and pave a clear path for your new, diabetes-free life. By applying what you learn, you can beat the odds.

Adventist Fellowship Hall
806 1st St. • Alva, OK 73717



To register please visit: AttendHealth.live/Alva

**Date Sensitive Material
Requested in-home date:
January 9-11**

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