



**X-PERT
HEALTH**

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Do you have Type 2 diabetes?

The X-PERT Diabetes Programme will provide all the information you need to manage your diabetes.

It is based on the latest scientific evidence and can help you to improve your health and quality of life. You may even be able to reverse your diabetes altogether!

FREE
COURSE

X-PERT Diabetes Programme
6 weekly sessions, each lasting 2 ½ hours

Where : Haverfordwest Cricket Club
Upper Race Course, Dale Road, SA61 1HZ

When : Every Thursday 27th July - 31st Aug 2023

Time : 1:30 pm - 4:00 pm

Kindly contact : 0300 303 8322 (option 5) to book.



You will also
receive a free
handbook!



www.xperthealth.org.uk