



diabetes UNDONE

INTERACTIVE WORKSHOP

1 in 3 Americans has diabetes or prediabetes.
That doesn't have to be your story.

Join Dr. Wes Youngberg, lifestyle expert and author of *Goodbye Diabetes*, and Brenda Davis, world-renowned author and plant-based dietitian, as they guide you through a hope-filled 8-session video course to reverse diabetes and reclaim your health.

\$50 PARTICIPANT KIT INCLUDES:

- ★ Inspiring wellness talks
- ★ Expert advice
- ★ Group support
- ★ Cooking demos
- ★ Diabetes Undone Workbook
- ★ Diabetes Undone Cookbook
- ★ 8 Laws of Health DVD
- ★ Access to the video course



BEGINNING MARCH 12, 2023

DATES

8 SESSIONS: FROM MAR. 12 THROUGH APR. 6, 2023
6:00 pm to 7:30 pm

VENUE

BETTER LIVING CENTER
531 Forge Mill Rd., Morganton, GA 30560

CONTACT

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