

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 dietician, as they guide you through a hope-filled 8-session video course to reverse diabetes and reclaim your health.

## THE PARTICIPANT KIT INCLUDES:

- \* Inspiring wellness talks
- \* Expert advice
- \* Group support
- \* Diabetes Undone Workbook
- \* Diabetes Undone Cookbook
- \* 8 Laws of Health DVD



## 8 Week Course at Omaha Memorial Church

840 North 72nd St. 68114

Starting Saturday, January 12, 2019 \* 4 - 6pm

Presented by Health Returns

**A Ministry of HeReturns** 

HealthReturns.org diabetes@healthreturns.org 402-639-8996

**Registration is Required** by December 29, 2018 To Guarantee Your Participant Kit