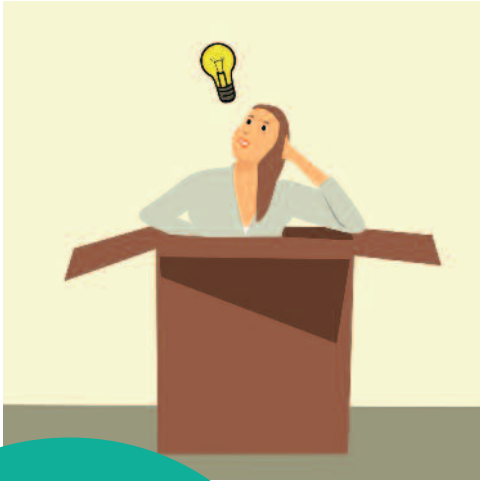


# Out of the box diabetes



Do you have or have you recently been diagnosed with Type 2 Diabetes?

Would you like to learn how to better manage, even improve your symptoms, by developing new ways of thinking and managing your diabetes?

Our free 12 week programme is designed to help you take control and find your own way to manage your diabetes.

Starting Thursday 22nd February!  
5:30pm 7:30pm

Malpas Victoria Jubilee Hall  
Roseview High Street  
Malpas  
SY14 8NN



Booking essential  
Call 0151 355 0205 or Email [georgie@healthboxcic.com](mailto:georgie@healthboxcic.com)

# *Out of the box diabetes*

## Delivery dates

22nd February 2018, 5:30pm-7:30pm

1st March 2018, 5:30pm-7:30pm

8th March 2018, 5:30pm-7:30pm

15th March 2018, 5:30pm-7:30pm

22nd March 2018, 5:30pm-7:30pm

29th March 2018, 5:30pm-7:30pm

5th April 2018, 5:30pm-7:30pm

12th April 2018, 5:30pm-7:30pm

19th April 2018, 5:30pm-7:30pm

26th April 2018, 5:30pm-7:30pm

3rd May 2018, 5:30pm-7:30pm

10th May 2018, 5:30pm-7:30pm

Malpas Victoria Jubilee Hall  
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