

# Diet Day

Looking after YOUR Health

A Special Presentation by Local Doctors



Lose  
Weight

Free!

Which  
Foods?

The presentation will advise on :

- How to lose weight
- How to optimise your diet
- Foods you should eat & those you should avoid
- Reducing the risk of Heart Disease & Diabetes

***SAT 29th OCT – After Isha – 8pm***

***@ Cheadle Mosque (CMA)***

***377, Wilmslow Road, Heald Green. SK8 3NP***

***Info – 0161 437 1093***