

You are invited to our Community Diabetes Event

Learn to take control of your diabetes

Free
exercise
class

Pak Health Centre

38, Alum Rock Road
Birmingham B8 1JA

Wednesday, 14th June 2006

10.00 am to 2.00 pm

Meet your
local
councillor

Lunch provided



Exercise

Smoking cessation

Eye advice

Blood pressure check

Foot care

Information
stalls

Advice on diet

Blood sugar test

Come and learn how
to look after yourself



'Live' healthy cooking
by Shimla Café



This event has been supported by the Pak Health Centre,
with kind assistance from Dr Bhatti and Dr Alvi.

For more information, please contact the Community Diabetes Team on 0121 328 7311.