



TURN IT AROUND SHASTA PRESENTS

LET'S TALK PREDIABETES A FREE VIRTUAL EVENT!

If you are over 40, overweight or have a family history of diabetes, then this event is for you!

Join us for a LIVE Q&A with local health care practitioners and testimonials about how healthy lifestyle changes transform lives.

WEDNESDAY, NOVEMBER 30, 2022

5:30 PM - 7:00 PM

Register online at: turnitaroundshasta.com,

Go to the "news" page.



It's never too late to turn your health around!



**TURN IT
AROUND
SHASTA** | **STOP DIABETES
BEFORE IT STARTS**

