



Do you ever

- **Have energy slumps during the day?**
- **Need a cup of coffee or tea before you can do anything in the morning?**
- **Have sugar cravings?**
- **Feel tired after eating?**
- **Get irritable and suffer from mood swings?**
- **Do you sometimes have difficulty concentrating?**
- **Have fluctuations in your weight?**

If you have answered 'Yes' to some or all of these, then the good news is that by making small changes to what and when you eat could make you feel a whole lot better.

Susie Alderson
Nutritional Therapist

Come and listen to Susie Alderson give a presentation on nutritional advice entitled "Blood Sugar Levels – Balancing blood sugar to improve your health and wellbeing".

Even if you do not suffer from any of the symptoms above you may have noticed that someone in your family does, including your children, so you still need to come.

Places are limited and will be allocated on a first come first served basis.
Presentations last for 1 hour.

When: Friday 11th Feb at 10.30, Saturday 12th Feb at 10.00, Tuesday 15th Feb at 13.45 OR Friday 18th Feb at 10.30.

**Where: Functional Therapies Centre, 111-113 High Street, Berkhamsted
(phone for detailed directions)**

Cost: £5

**Please phone 01442 878701 to book a place or for further
information.**

Payment on the day.