



A HEALTHY RESPONSE

TO DIABETES, LOW ENERGY
HEART DISEASE & STRESS

Cooking Demonstration
& Sample Recipes
Medical & Practical Advice
Free Nutritious Lunch for All

— *at* —

ST ANDREW'S STAR CAFÉ,
STAR ROAD / GREYHOUND ROAD, W14 9SA.
(the road by North End Medical Centre)

10.30 am - 12.00 pm

Tuesday 14th Nov, 5th Dec, 2017

16th Jan, 20th Feb, 20th March,

17th April, 15th May & 19th June 2018

FREE NO BOOKING REQUIRED