



**NOVEMBER2021**

Dear Members,

**Lose the inches, lower your risk, tell diabetes "Not me"**

**The month of November is National Diabetes awareness month.** A time to ring the alarm on diabetes, it's a time to get educated, find resources and make sure all around us are aware of it. This year's focus is on pre-diabetes and preventing diabetes.

Our speaker for this month is **Mr DevbrathGuha**, who will take us through "Practical approach to healthy living" wherein we will gain insights to tell diabetes **"Not Me"**. Mr. Devbrath is internationally certified wellness coach, certified nutritionist and a certified master trainer for exercise science who believes that there is so much more to pursuing overall health than just being physically fit.

**Date/Date/Time - Sunday 21st November 2021 at 5pm**

**Venue – Zoom link**

**BEROZE DIVECHA  
CHAIRPERSON**

**MONICA DSOUZA  
HON. SECRETARY**