

# LOW CARB LEEDS

Are you dealing with health issues such as diabetes, excess weight,  
low energy, brain fog, aches and pains?

Do you want to improve your health by changing your diet?

Are you confused by conflicting diet advice and media headlines?

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**Low Carb Leeds** is a monthly meeting in a relaxed, friendly environment sharing information and guidance on eating for better health. The group supports participants to adopt a lower carbohydrate, real food lifestyle including tasty recipes, food swaps, practical shopping tips, and guides to eating out.

Next Meeting date: **Monday, 7th January, 7 – 9pm**

Venue: The Tower Clinic, 8 Tinsill Ln, Leeds LS16 7AP

Access: Bus Route 6 (Tinsill Lane/Grove). Free car parking on site

**Places for this meeting are limited.**

Please **reserve your place** by contacting The Tower Clinic:

Tel: 0113 267 2067

Email: [info@towerclinic.co.uk](mailto:info@towerclinic.co.uk)

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Low Carb Leeds is funded on a voluntary donation basis to cover costs only.  
Suggested donation £3.00 per person/ £5.00 per couple

All Welcome (including HCPs)

Low Carb Leeds is a community group organised by  
Glyn Wainwright and Sarah Thomas,  
PHC Ambassadors (Leeds), [www.PHCuk.org](http://www.PHCuk.org)

