



Diabetes Services at
Cumberland Medical Center presents

Regaining Optimal Health Preventing Diabetes Seminar

May 7-June 11
4:30-7 p.m.

**Cumberland
Medical Center**

421 South Main Street
Crossville, Tennessee

*in the
Second Floor Conference Rooms*



www.cmchealthcare.org

- ♥ Learn how foods are addictive and can weaken your immune system.
- ♥ Learn how a 10-12 minute "Burst Training Exercise" three times a week can change your life and weight.
- ♥ Learn about food choices and how to modify your diet for optimum health.
- ♥ Learn how you may be able to override "Genetic Expressions" for you and your offspring.
- ♥ Learn how to avoid diabetes and other diseases.

Speakers are:

Franklin Cobos M.D.
Luisa Manestar M.D.
Michael Olivier M.D.
David Manestar P.T.

Seminar Dates and Subjects

Session 1	May 7	Diabetes and Insulin Resistance and Getting Started with Diabetes Reversal
Session 2	May 14	Sugar and Carbohydrates
Session 3	May 21	Fats in Perspective and Fats and Diabetes
Session 4	May 28	Proteins that Heal and Metabolism Hormones
Session 5	June 4	Oxidative Stress and Winning Strategy
Session 6	June 11	Epigenetics and Optimizing Diabetes Reversal

For information and to register please call Linda Belz at (931) 839-8933 before April 10, 2018. Registration fee is \$40.00 for single or \$50.00 a couple which includes class materials, three books, and food samples.