

WALTHAM FOREST

# Sports4Life

## FREE ZUMBA SESSIONS

## FREE SWIMMING SESSIONS

1. FREE Weekly unisex adult swimming lessons
2. FREE Women Only Swimming
3. 'Pay and PLAY' Swimming
4. GLL Swimming For Elderlies Over 65yrs Old

## FREE WEEKLY CHAIR PILATES SESSIONS

### SEE WEBSITE PROGRAMME FOR LOCATIONS AND FURTHER DETAILS:

at [www.ibcms.uk/sports4life-programme](http://www.ibcms.uk/sports4life-programme)

### REGISTRATION ONLINE NOW

at [www.ibcms.uk/sports4life-registration](http://www.ibcms.uk/sports4life-registration)



Follow IBCMS on social media !

Register for our FREE  
diabetes seminars:

PTO

WALTHAM FOREST

# Sports4Life

DIABETES WELLNESS

**ARE YOU DOING ALL YOU  
CAN TO MAINTAIN A HEALTHY  
LIFESTYLE?  
GET SOME HELP!**

## FREE DIABETES SEMINARS

**PART ONE: October 25, 2024**

**PART TWO: March 14, 2025**

**Venue:**

Seddon Community Centre,  
located at: 33 Clyde Place, E10 5AS.  
Time: 2-5pm

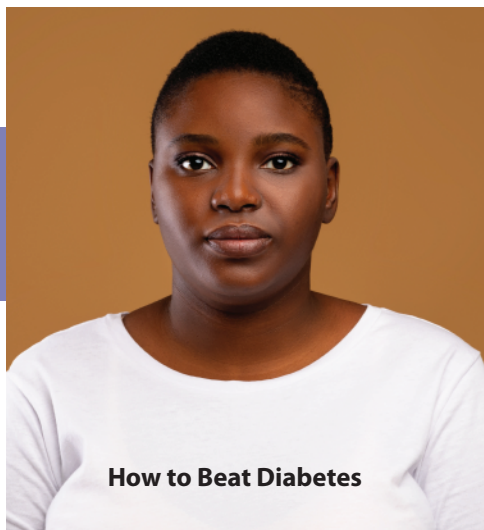
**REGISTER FREE ONLINE NOW**

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**REFRESHMENTS PROVIDED**

Diabetes Type Two and its related illnesses (e.g., heart failure, stroke, high blood pressure, kidney failure, and limb amputations) should be number one health concern in UK Black and Brown Communities. From age 25, Asians are up to six times more likely to develop diabetes; and people of African descent are three times more likely to develop it, from as early as teenage years; mainly due to obesity.

Obesity is generally caused by systemic failure to educate children and young adults, about good eating habits, and the value of regular exercise routines, as lifestyle choices. Even though many UK children show signs of addiction to fatty, sweet and salty foods at an early age, British education fall woefully short of providing early education, linking a healthy life with good eating and lifestyle practices.



### How to Beat Diabetes

NHS and other certified diabetes experts will advise how to prevent, reverse or defeat diabetes, using proven successful lifestyle techniques. These experts will explain how lifestyle is both cause and cure for diabetes.

People who have beaten the disease, and those who are living the dream, will testify. Bring soft shoes for the after-seminar work-out.

Preventing And Reversing Diabetes Type Two Sports4Life Wellness provides programmes that educate diverse communities, about how to prevent and reverse Type Two diabetes, by eating appropriately and proportionately well. Eating at the right time. And eating the correct number of calories; combined with gentle regular exercise routines. In short, by treating the body right, to both maintain and restore balance.

Some Caribbean and South Asian populations worry that if they adopt specific lifestyle regimes, they will be deprived of their traditional delicious cuisines; but this is certainly not the case.

Please attend these revelatory seminars.

