



Healthy  
Living

**BANCHORY GROUP PRACTICE'S  
LEADING A HEALTHIER LIFESTYLE EVENT**

**Monday 26<sup>th</sup> June 2017**

**8.15pm – 9.30pm**

**Banchory Guide Hut**

**Would you like to know how to keep yourself fit and healthy and reduce your risk of developing long term conditions such as Diabetes and Heart Disease?**

**Come along to our evening educational event where Katy Berston, Community Dietician, will provide you with all the information you'll need to achieve a healthier lifestyle.**

**We'll also have lots of local service providers at the event to tell you more about their classes, events, products, and much more!**

**Free Admission.**