

FAT – IS IT FRIEND OR FOE?

7.00pm Thursday 24th January 2019

Hardwicke Village Hall, Green Lane, Hardwicke GL2 4QA

With Dr Tony Butler

It's that time of year when many of us are thinking about trying to lose weight or adopting a better diet. So where do milk and dairy products feature in a healthy diet?

Dr Tony Butler explains how he and other GP's are using milk and dairy products as a key part of dietary recommendations, to help their patients combat obesity and diabetes.

free Dairy
range Network CIC



Free Range Dairy Network is a not for profit organisation, working with local dairy farms to promote a better choice about the kind of farms your milk comes from. We will explain more about how, together, we can support traditional, family farms and enjoy great tasting milk from cows free to graze in fields.

www.freerangedairy.org