

# Diabetes Awareness Month

Bermuda Hospitals Board's Diabetes, Respiratory, Endocrine and Metabolism (DREAM) Centre  
presents a FREE public talk

## The Dilemma of Weight Loss



Learn from science why we gain weight and why losing and maintaining weight can be difficult.

Topics that will be discussed include the body, food, medications, surgery and mindfulness practices designed to help you start taking action for a healthier you.

**When:** Wednesday 14 November 2018

**Presenter:** Amy Freeth, MD, BHB Locum Endocrinologist

**Where:** BHB Resource Centre, Ground Floor, General Wing, King Edward VII Memorial Hospital

**Time:** 6pm-7pm

For more information call the DREAM Centre 239-2027



Bermuda Hospitals Board