



Sweet Enough

FREE COMMUNITY TALK · TAILORED HEALTH ADVICE FOR OUR SRI LANKAN & INDIAN COMMUNITY

Small kitchen changes, *a healthier heart.*

We're a group of young doctors from the South Asian community. Our families and community face some of the highest rates of heart disease and diabetes, so we're giving **free, tailored health advice** to show how you can improve your health, and we'd love to answer your questions.



Why it matters now

Current trends in South Asian heart & sugar health, in plain language



Kitchen advice & swaps

Healthier versions of the recipes already on your table



Everyday exercise

Simple, realistic movement that fits your routine



A lifestyle talk

A friendly, practical presentation for the whole group



Bring your questions. We're here to answer them

Free, informal health advice. Ask us anything you've wondered about your health, or never got the chance to ask.

WHEN

[Date & time]

WHERE

[Venue / host]

TO HOST US OR FIND OUT MORE

[Your name] · [phone / WhatsApp]

sweetenough.org

ALWAYS FREE