

# HOW TO LIVE WELL WITH TYPE 2 DIABETES

**FREE course with practical tips to help you live well with Type 2 diabetes.**

## Interested?

Opportunity to share your own experiences with others living with the same condition.

## What you will get...

-  More knowledge about diabetes
-  Learn more about healthy eating, foot care and other practical advice
-  Meet friendly specialist staff from the community diabetes team
-  Listen to talks from diabetes nurse educator, podiatrist and dietician
-  A choice of local venues
-  Two sessions (over two weeks) lasting about two hours each
-  If a group is unsuitable for your needs a 1:1 session may be available.

For more information please speak with your practice and request a referral. Or, if you would prefer, contact the diabetes team directly on **01695 588019**

