

A faint, dark grey silhouette of a person's head and shoulders is visible in the background, centered behind the text blocks.

Do you know
a diabetes education
programme can help
you control your
Type 2 diabetes?

Be in the know.

Do you know the simple changes you could make to help you live a healthy life?

There are steps that you can take to help manage your Type 2 diabetes. A local diabetes education programme is here to support you to make these steps.

Who is the programme for?

The programme is for people who have been living with Type 2 diabetes or have recently been diagnosed with the condition.

What will you learn?

The programme involves you being a part of a small group that will learn how best to manage living with Type 2 diabetes. You will be able to discuss and explore factors that affect your condition such as:

- food choices
- physical activity and exercise
- medication.

The team will support you to become an expert, so you leave feeling more confident and assured on how you can lead a healthy life.

How does the programme work?

The programme will:

- be **free of charge** and take place in a local venue
- be **friendly** and **informal** – you will be able to contribute as much you want to
- take place over a day or possibly be split over a few days.

How can I attend?

Speak to your GP practice or nurse to find out how to book onto the course.