

DIABETES AND YOU



A friendly group programme
for adults with Type 2 diabetes

Have you been diagnosed with Type 2 diabetes
in the last 12 months, never attended diabetes
structured education or simply need a refresher?



Understand your
condition



Learn practical ways
to eat well



Discover simple ways
to be more active



Build confidence
to self-manage



Diabetes structured education

is shown to improve diabetes outcomes.

It can help you better understand your condition, make informed decisions and feel more confident managing your diabetes.

ASK YOUR PRACTICE = TODAY! =

To find out more about Diabetes and You.