

Do you have Type 2 Diabetes?

Our **Living with Diabetes** day is designed for anyone who has been diagnosed with type 2 diabetes within the last 18 months.

The session is facilitated by trained educators, including a dietitian and diabetes specialist nurse.

Topics include:

- What is diabetes and how it could affect you
- What kind of care you should expect and how to ask for it
- How to manage your diabetes
- Living life with type 2 diabetes
- Local support and information
- Dispelling myths and an opportunity to ask questions



"The course enabled me to understand my condition and how best to manage it, rethink what I eat and be more active."

"I like that, there were lots of times built in for discussion and questions. Covered lots of useful information."

Contact the service using

0300 124 5908

or **sirona.dans@nhs.net**

Service provided by

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care & health