

Do you have Type 2 Diabetes?

Our **Diabetes and You** day is designed for anyone who would like to meet other people with type 2 diabetes and learn more about how to self-manage their condition.

Topics include:

- Managing type 2 diabetes every day
- Managing diabetes during illness
- Making positive changes to your lifestyle
- Medications used to support management of type 2 diabetes
- Local support information
- Dispelling myths and more
- Opportunity to ask questions



Contact the service using

0300 124 5908

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

Service provided by

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care & health