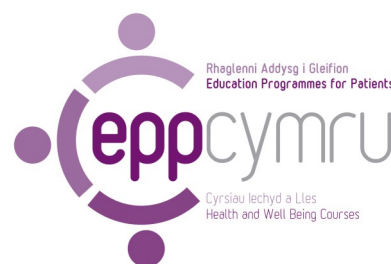


## Free Health & Well Being courses (Type 2 Diabetes)



‘Helping you live your life your way’

Join our 6 weekly 2.5hr session, Self-Management course for anyone who is Pre-diabetic or has Type 2 Diabetes  
**Some of the areas we cover are:**

- ◆ Ways to deal with symptoms
- ◆ Preventing low blood sugar/healthy eating/meal planning
- ◆ Preventing complications
- ◆ Emotional well being
- ◆ Setting goals and problems solving

For courses in your area call:-  
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