



Managing your Type-2 Diabetes

Join the fortnightly online group sessions to help you find ways to improve your health and wellbeing whilst living with type 2 diabetes.

Six fortnightly sessions, online from 1 to 2p.m.

Delivered by Ely PCN Health and Wellbeing Coaches with guest speakers including a diabetes specialist GP and nurse, registered nutritionist, exercise specialist, and Diabetes UK volunteer coordinator.



1 SEPTEMBER	Living with diabetes
15 SEPTEMBER	Understanding diabetes
29 SEPTEMBER	Blood glucose management
13 OCTOBER	Keeping active with diabetes
27 OCTOBER	Eating well with diabetes
10 NOVEMBER	Accessing wider support

Register your interest at your surgeries reception or text 07923124931