

DO YOU LIVE WITH TYPE 2 DIABETES?

**If yes, then The Lifestyle Club
could be for you!**



On our free 8 week online course you will learn how to better control your blood glucose, so that you can lose weight more easily, reduce your medication and potentially put your type 2 diabetes into remission.

The next course begins with initial information sessions running throughout the week commencing Monday 10th January, 2022.

To book your initial information session please speak to your Diabetic Nurse for more details.