

Helping you to

TAKE CONTROL OF YOUR DIABETES!



JOIN US

Patients with **Type 2 diabetes** are invited to attend a **free** education session where you will discuss practical skills and advice relating to your diabetes including food choices, activity and medication.

www.desmondcovwarks.co.uk



The **DESMOND** programme is:

- a chance to find out more about Type 2 diabetes
- designed to help you manage the changes diabetes can bring to your life
- an opportunity to meet and share experiences with others - you are also welcome to bring a family member or friend with you.

Taking control of your diabetes can help you work towards:

- improving your diabetes
- maintaining a healthy weight
- reducing the amount of medication you need to take
- reducing stress and tiredness.



There is now a wider choice of venues across **Coventry, Rugby and North Warwickshire** available with dates and times to suit you.

Take control of your diabetes today

Call free on **0808 169 1225** or email **crpa.desmondreferrals@nhs.net** to find out more about the options available to you.

You can also speak to your GP or Nurse to discuss your diabetes management.