

# Do you have Type 2 diabetes?

Our group education sessions are designed to put you in control of your Type 2 diabetes



Meet and share life experiences with others

Understand diabetes and glucose: what happens in the body



Understand more about monitoring and medication



Talk about your thoughts and feelings around diabetes

## DESMOND

(Diabetes Education Self-Management for Ongoing and Newly-Diagnosed)



Plan for the future



Learn how to take control - food choices & physical activity



Understand the risk factors

Speak to your nurse or GP about a referral today

01623 785182 / 785204 [not-tr.desmondnotts@nhs.net](mailto:not-tr.desmondnotts@nhs.net)

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