

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



Talk about your thoughts and feelings around diabetes



Understand more about monitoring and medication

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.

You can also self-refer by email, post or telephone:

01623 785182 / 785204 not-tr.desmondnotts@nhs.net

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