

Do you have Type 2 Diabetes?

Lower blood glucose
Dispelling dietary myths
allowing increased dietary
freedom
Healthier eating
Increase carbohydrate
awareness
Increased energy levels
Improved fitness
Improved wellbeing and
quality of life
Lower blood pressure
Lower blood cholesterol
Weight loss if appropriate
Reduced risk of heart
disease and other long-term
condition
Learning to deal with illness

The **XPert Health
Diabetes** programme
can help you learn to
understand and
manage your
Diabetes.

Six (2.5hr) weekly group based
sessions, covering everything
you need to know to take
control of your Diabetes

What are you waiting for?

Still not convinced?

Come along to our **First Steps Taster
Session** at:

**Peaseway surgery, Newton Aycliffe on
Tuesday 4th June 2019, 10am–12.30pm**

For more information or to book please contact the
Diabetes Team on

