

GET MOVING

FOR FREE

Free physical activity classes online for people living with diabetes

- Try a different gentle activity each week
- Small online groups
- Diabetes information and support
- A chance to chat to other people living with diabetes
- A chair-based class is available
- A ladies only class is available
- Classes in Urdu and Punjabi available

If you are:

- Over 18
- Living with diabetes
- Able to take part in gentle physical activity
- Committed to moving more
- Doing less than 30 minutes of physical activity a week, for example walking

**Every movement matters
and we're here to help
you every step of the way.**

Please get in touch to register your interest, and the group co-ordinator will give you a call.

To find out more:

Call: Diabetes UK Helpline on **0345 123 2399**
Monday to Friday, 9am – 6pm
Email: helpline@diabetes.org.uk



10 weeks of classes

The following courses are starting in May. Each class is an hour long and will run at the same time for 10 weeks.

- Monday at 10:30am starting on 17th May (Ladies only)
- Monday at 7pm, starting on 17th May
- Wednesday at 4pm, starting on 19th May
- Thursday at 6pm, starting on 20th May
- Saturday at 9.30am, starting on 21st May
- **Chair-based course:**
- Tuesday at 2.30pm, starting on 18th May



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

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