

DIABETES AND MOVING MORE

A conversation with Neil Gibson and George West

DATE: Tuesday, September 29, 2020

TIME: 8pm to 9.15pm

WHERE: Online (via Zoom)

The North of England Diabetes UK team presents a webinar for people living with diabetes or those at risk of diabetes, taking an informal and relaxed look at the basics of getting more active. You will hear from Neil Gibson (Physical Activity Insight Advisor at Diabetes UK) and George West (Diabetes UK volunteer living with type 1 diabetes).

This webinar is free and registration is simple.

To sign up, visit: <https://movingmore.eventbrite.co.uk>

If you have any queries, Email evie.kinghorn@diabetes.org.uk

www.diabetes.org.uk