



Have you or a family member been diagnosed with Type 2 Diabetes ?

- **Are you feeling confused about the diagnosis ?**
- **Looking for practical tips to help you live with the condition ?**
- **Want to connect with others living with the condition ?**

Due to Covid 19 restrictions, we will be running virtual sessions.

These sessions will be held at using Facebook messenger rooms

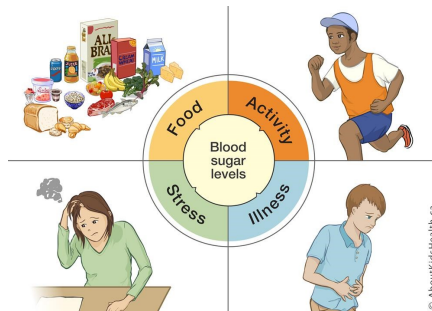
Mon 23rd Nov 1-3pm, Tues 24th Nov 6-8pm.

Mon 7th Dec 1-3pm, Tues 8th Dec 6-8pm, Mon 21st Dec 1-3pm

No need for a referral just let us know your contact details and we will send you the link to join the group

We can also help with supporting you to use Facebook messenger

If you would rather talk to us on the phone please give us a call on 07714139706 or 07851645584 and we will do our best to support you.



In partnership with
**THE NATIONAL LOTTERY
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