

Diabetes drop-in

Parkview Centre for Health & Wellbeing

Every Tuesday 14:00-16:00

Do you have diabetes?

About 1 in every 10 adults living in North H&F have diabetes or are at high risk of becoming diabetic. But did you know that being more active, losing weight and changing what you eat can put diabetes into remission, and even prevent it from developing in the first place?

We're running free weekly classes to help you:

- Understand diabetes, what to eat and what to measure
- Lose weight, have more energy and become more active
- Connect with other people with diabetes to share experiences

Sessions run by NHS nurses, pharmacists and health coaches



Get informed

Check your own risk of getting diabetes, talk to our diabetes nurse and attend workshops:

Week 1: Diabetes myths
Week 2: Weight loss tips
Week 3: Peer support

No booking needed



Get involved

Visit the Community Hub and learn of W12 opportunities to help you stay well:

- Groups & classes
- Volunteering
- Activities

Find out what's on



Get active

Ask our health coaches how to make changes to your daily routine to help with your fitness:

- Practical advice
- All activity levels
- Group classes

Sign up on the day



**Everyone
Welcome**

Starts Jan 24th

Drop in and meet our team

Digital diabetes: free digital skills training also available