



Living Well with Type 2 Diabetes



About...

This 6 week course is designed to give you an understanding of Type 2 diabetes and how lifestyle changes can help you to live well and improve symptoms of diabetes. We cover a range of topics through the 6 weeks, including an introduction to type 2 diabetes, the effects of physical activity and tips for a healthy diet. We will be looking to support you to make healthy choices and take care of both your physical and mental health whilst living with this condition.

As this course is a group environment there will be the opportunity to talk to others living with type 2 diabetes and receive group support on the challenges you may face as well as sharing successes with others who understand what it is like to live with diabetes.

The sessions will include a topical chat, followed by 30 minutes of light physical activity such as Pilates, strength work and boxercise to name a few. Our health coaches can adapt any activity so that it is most comfortable for you.

When does this programme happen?

The programme is held three times throughout the year and lasts a total of 9 weeks. The first will start in January, the second in April and the third in September/October.

Where is it?

Victoria Park Community Centre, TA6 7AS .

