

DO YOU HAVE TYPE 2 DIABETES?

DIABETES²GETHER

If you have recently been diagnosed
or never attended a course

DIABETES⁴WARD

A follow on session

Why not attend an education course?

Our 3 hour courses are held across
Oxfordshire on weekdays and
Saturdays and run by specialist
educators providing information on:

- Improving your knowledge and confidence to self-manage your diabetes
- Ideas for food choices and increasing physical activity
- And lots more useful tips!

**Register your place now:
Contact Oxfordshire Community
Diabetes Service at:**

www.oxfordshirediabetes.nhs.uk

Or email us:

diabetes.education@nhs.uk

Or call us on 01869 604091

THESE
COURSES ARE
FREE

**It could be a
life changing experience!**