

Who is the course aimed at?

* People who have had Type 2 Diabetes for more than a year.
* People on several diabetes medications/insulin but struggling to control their blood glucose levels.

What does the course involve?

* A one-off 3 hour group session in a variety of locations, run by 1 or 2 Diabetes Dietitians.
* Informal and friendly with lots of activities to get you involved.
* Understanding which foods contain carbohydrate and how they affect blood glucose levels.
* Understanding how to adapt your diet to improve your Diabetes.

Other patients have said…

