

## TYPE 2 DIABETES?

Are you confused about what you should and shouldn't eat?

Struggling to control your blood sugar?

Like to know more about healthy eating and weight loss?

Want to know more about recent publicity and TV programs about 'low-carb' and 'carb-free' diets?



The diabetes team are providing an evening support group to our diabetic patients.

The aim of the meetings will be to inform about healthy eating, activity and blood sugar control.

The date of the next meeting is on Wednesday March 6th and 6.30pm

