

## TYPE 2 DIABETES?

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

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 would like to offer 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 meeting is next  
January, at 9th January –  
6.30 PM. Please  
feel free to come along

**CANCELLED**

NHS



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