

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 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.

This would initially be as a 'just turn-up' session on (Wednesday 3rd Oct at 6.30pm) for the first meeting, with future dates and frequency to be arranged.

