

# Do you have Type 2 Diabetes?

## Get more understanding through DESMOND

Venue: PRESTON TOWN HALL

Date: 21st and 28th October 2019

Time: 10am - 2pm

### What to expect on the day

- Introduction
- The participants Story
- Type 2 Diabetes and Glucose
- Managing Blood Glucose
- Food Choices: Glycaemia and Insulin Resistance

### Topics

- Long Term Effects of Type 2 Diabetes
- Physical Activity
- Food Choices
- Diabetes Self-Management Plan
- Questions and Future Care

**To book a place telephone 01772 777620.**