



Stay ahead of your
Type 2 diabetes
and prevent
life-changing
complications

If you have Type 2 diabetes you can:

- Choose a face to face course or an online programme to suit you
- Meet and share experiences with others
- Learn practical skills to help you lose weight and prevent complications
- Access expert advice from local health care professionals

Book your free NHS course today at
diabetesbooking.co.uk or call **0203 474 5500**

Lines are open Monday to Friday 8am to 8pm or Saturdays 10am to 12pm (noon)

*you must be registered with a south London GP to access this service