

NEW

Diabetes Support Group

Have you been told that you are pre-diabetic?

Have you been diagnosed with Type 2 Diabetes?

Are you finding living with Diabetes a challenge?

Would you like to get to know others who are finding it a challenge too or others who could help you ?

We are starting a Diabetes Support Group
here at the **Beacon Medical Practice**
which will run every fortnight starting on
Friday 2nd March from 12.30 - 2pm

We will have Diabeters who are able to help you understand

- ◇ how best to live with your condition,
- ◇ what simple lifestyle changes you can make that will have a positive effect on your condition
- ◇ how to access Diabetes UK information

Places are limited so if you would like to come along to the group please leave your name and contact details with the Beacon Reception and we will confirm your place.