

Every 2 minutes someone finds out that they have Type 2 diabetes.

There is no cure for this chronic medical condition, which can lead to major health problems such as heart disease, blindness and even amputations.

Healthier You: the NHS Diabetes Prevention Programme offers free support to help you reduce your risk of developing Type 2 diabetes.

Taking action now is very important.

We can help you reduce your risk of developing Type 2 diabetes.

Our expert-designed course is funded by the NHS and available free to you with a referral from your GP.

Our trained coaches lead 13 friendly and supportive group-based sessions over nine months. There may also be other ways to take part in the service.

We'll help you to make changes to your lifestyle that you can maintain and help you feel more energetic, healthier and more vibrant.

Contact us today to book your place and find your nearest programme.

Call: 0800 092 1191

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME