**Live it Highland -**

**Living with Diabetes**

**NEW 2023 PROGRAMME – BOOKINGS OPEN!**

**LEARNING YOU ARE AT RISK OF TYPE 2 DIABETES OR IF YOU HAVE BEEN DIAGNOSED CAN BE CONFUSING FOR SOME PEOPLE.**

**LIVE IT HIGHLAND AIMS TO SUPPORT PEOPLE WITH PRE-DIABETES OR TYPE 2 DIABETES TO UNDERSTAND AND MANAGE THEIR CONDITION TO FIT IN WITH THEIR LIVES.**

**THIS SIX-WEEK PROGRAMME WILL PROVIDE AN INTRODUCTION TO TYPE 2 DIABETES AND WILL INCLUDE THE FOLLOWING TOPICS:**

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| --- | --- |
| * What is diabetes? | * Stress and soothing |
| * Food, mood and diabetes | * Good sleep matters |
| * Activity and diabetes | * Information and tips for planning to make personal changes that suit you |

**LISTED BELOW ARE THE VARIOUS COURSE OPTIONS:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Start Date** | **End Date** | **Venue** | **Time** |
| Mon 9th January | Mon 13th February | Hilton Community Centre | 1100 – 1230 |
| Wed 11th January | Wed 15th February | Inverness Botanics | 1900 – 2030 |
| Thurs 12th January | Thurs 16th February | James Cameron Centre | 1400 – 1530 |



If you would like further information and to book, please contact:

**active.health@highlifehighland.com**