**Live it Highland -**

**Living with Diabetes**

**NEW 2023 ONLINE PROGRAMME!**

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

|  |  |
| --- | --- |
| * 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 |

**ONLINE CLASSES ARE HELD WEEKLY AT THE BELOW TIMES – PARTICIPANTS WILL REQUIRE A TABLET, SMART PHONE OR COMPUTER WITH A CAMERA TO TAKE PART:**

|  |  |  |
| --- | --- | --- |
| **Start Date** | **End Date** | **Time** |
| Thursday 16th February 2023 | Thursday 30th March 2023 | 1400 - 1530 |

\**Please note that there is no session on Thursday 23rd February 2023*



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

**active.health@highlifehighland.com**