

DO YOU HAVE

TYPE 2 DIABETES?



X-PERT GROUP EDUCATION

The **X-PERT** is a six-week group education programme. It will help you understand more about diabetes and how you can manage it through lifestyle changes. It is suitable for anyone newly diagnosed and those who have had diabetes for a while but want to learn more.

Each programme is run by two experienced health professionals who will guide you through all aspects of your diabetes. It is a 2 ½ hour session each week for 6 weeks. It is important that you attend all the sessions to fully benefit from the course. The X-PERT is run on different days in various venues around Stockport.

Topics covered each week are as follows:

- Week 1 – What is Diabetes?
- Week 2 – Weight management
- Week 3 – Carbohydrate awareness
- Week 4 – Food labelling
- Week 5 – Possible complications of Diabetes
- Week 6 – Living with diabetes and planning for the future

**If you are interested in attending this FREE course
please telephone 0161 835 6689**