

WE ARE BUILDING AN APP TO HELP PREVENT TYPE 2 DIABETES

JOIN OUR ONLINE WORKSHOP!

Monday 28 August 10 am -12 pm

OR

Wednesday 30 August 6 pm-8 pm

The Digital Health & Care Innovation Centre and the ALLIANCE would be delighted to have your views and insights in these workshops. You will help us to shape an app which:

- ❖ **Empowers** people to make choices about what will help them to prevent diabetes type 2.
- ❖ **Enables** people to discuss their needs with healthcare professionals and to create an action plan tailored to their needs.

The workshops will focus on supporting:

- ❖ People with a diagnosis of **pre-diabetes**
- ❖ Women with a history of **gestational diabetes** (this is when the woman's body can't make enough insulin during pregnancy, leading to high blood sugar.)

GET INVOLVED:

To register for a workshop please complete [this form](#).

For more information, contact ann.wales3@nhs.scot



Digital Health & Care
Innovation Centre



ALLIANCE
HEALTH AND SOCIAL CARE
ALLIANCE SCOTLAND
people at the centre