 

The X-PERT Diabetes Course

As someone living with diabetes you should have all the information and support you need to help you self manage your diabetes and live a full life.

If you have type 2 diabetes, you can attend the X-PERT diabetes course. X-PERT is a free course delivered by health care professionals to help you learn more about your diabetes and answer any questions you may have.

What is X-PERT?

X-PERT is a 6 week interactive course to help you learn about:

\*what diabetes is

\*how you can look after your diabetes

\*following a healthy lifestyle and making good food choices

\*what care you should expect

Who’s it for?

X-PERT is for adults with type 2 diabetes, whether it is new or you’ve had it for a long time. You will be part of a group of people who have diabetes.

Please note, this course is not suitable if you have type 1 diabetes

Why should I come?

The X-PERT Diabetes Course will be held in a relaxed, informal and enjoyable environment where you can learn more about diabetes by meeting others with diabetes and asking questions.

*This is the first time anyone has told me these things-I’ve had diabetes for years*

*It was fun and I learnt a lot*

*Very informative*

How do I book?

Contact your local Dietitians, Mon-Fri from 9am - 4pm on:

**01639 862928 or email at SBU.DiabetesEducationReferrals@wales.nhs.uk**

**Please note we offer both face to face and virtual courses**

**NO REFERRAL NEEDED**

You can also ask your GP or Practice Nurse to refer you.