

**Spring break**

**Join your local Diabetes Support Group and take time for yourself**

Come to our free monthly Diabetes Support Group 

We will listen to you and be able to offer professional and proven advice on:

* Lifestyle/ behaviour change
* Healthy eating
* Treatments options and reducing risks
* Mindfulness
* Emotional wellbeing

**If you live in Beeston, Chilwell, Wollaton or Stapleford please speak to your GP, Practice Nurse or Diabetes Specialist Nurse to book on. A friend or partner is welcome too.**

Sessions run from Chilwell Olympia, Bye Pass Road, Notts, NG9 5HR and take place monthly on a Tuesday from 12.15 to 1.45pm on the following dates:

Tuesdays 29 March, 26 April, 24 May and 28th June 2022 and every month thereafter.

*I enjoy the way the class is conducted and meeting others.* (Diabetes Exercise Class patient)

We are a group of Health Professionals who work with people living with Diabetes. We are keen to explore any issues you face and offer advice and support.

Do you sometimes feel overwhelmed or isolated? Or would you welcome an opportunity to talk to others over a cup of tea or coffee? Well, this might be the place for you!

Talking through the issues we’re facing can

make a real difference.

Why not come and see for yourself?





Contact: Gareth at pics.healthandwellbeing@nhs.net to register your interest.

picsnhs.org.uk