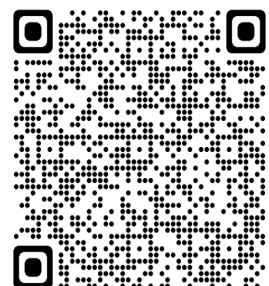


REDUCING YOUR RISK OF TYPE 2 DIABETES

Join the free Dorset Healthier You: NHS Diabetes Prevention Programme Event!
Wednesday 26th July 23 | 13:00-13:40

- Do you know if you are at risk of developing Type 2 Diabetes?
- Would you like to learn what signs and symptoms to look out for ?
- Do you often find yourself short on energy or struggling to get enough exercise?
- Do you find it difficult to maintain a healthy weight and diet?
- Would you be interested in a free programme that has helped more than 100,000 people in England to reduce their risk of diabetes?



We'll cover all of this and more in our upcoming virtual information event!

Register online at: <https://www.eventbrite.co.uk/e/478344450127>

Or scan our QR code

Why is it important to live a healthier life and reduce your risk of developing Type 2 Diabetes?

This Event

During this 30 minute event, you'll pick up tips on how to **lead a healthy lifestyle**, take part in a **stress busting** exercise, and understand what **free support** is available for adults at high risk of developing diabetes.

How to check your risk level

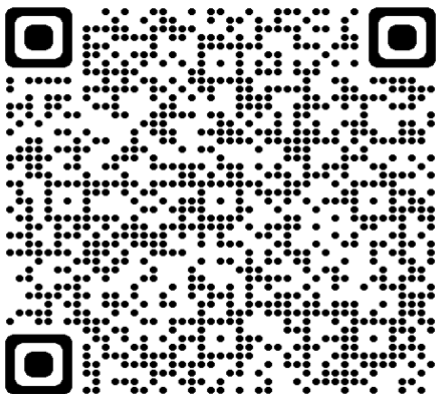
You may be at a **higher risk** of developing **Type 2 Diabetes** if you are **overweight** or **physically inactive**. You can find out your diabetes risk level today in just 5 minutes by going to [know-your-risk-tool](#) and answering 7 simple questions about yourself.

Adults found to be at risk of developing diabetes can access free support in a **peer group** or through a **one-to-one online service** through the Healthier You NHS Diabetes Prevention Programme.

Support Available

Living Well Taking Control is the **local provider** of the Healthier You NHS Diabetes Prevention Programme in your area. The programme helps adults at risk of developing Type 2 Diabetes to reduce their risk level by:

- **Sticking to a healthier diet**
- **Doing more exercise**
- **Improving their emotional wellbeing and managing their stress**
- **Maintaining a healthy weight through sustainable lifestyle changes**



Register for this information event online at:

<https://www.eventbrite.co.uk/e/4783444>

Or scan our QR code