

**Do you have** type 2 diabetes and want to learn more about improving your blood glucose levels or putting your diabetes into remission?

**Do you have** pre-diabetes or have had diabetes during your pregnancy and want to reduce your risk of developing type 2 diabetes?

**Do you have** polycystic ovary syndrome and want to reduce your risk of developing type 2 diabetes?

If the answer is “**Yes**”, then why not attend one of the dietitian webinars.

There is not a one-size fits-all diet and evidence shows that people can follow either a Mediterranean diet or low carbohydrate diet or intermittent fasting or time restricted eating or a very low calorie diet to help them achieve their health and lifestyle goals.

If you would like to know more about these dietary approaches why not click on the links below:

### **Mediterranean diet**

For more information visit [Why is the Mediterranean diet good for your heart? \(youtube.com\)](#)

### **Low carbohydrate (carb) diet**

For more information visit [Low carb eating plan | Know Diabetes](#)

### **Intermittent fasting diet and time restricted eating 5: 2 or 16: 8**

For more information visit [Intermittent fasting | Know Diabetes](#)

### **X-PERT First Steps for type 2 diabetes ONLY**

For more information visit [Adele's Story \(youtube.com\)](#)

### **Lifestyle services available webinar**

Would like to know more about type 2 diabetes services or weight loss services available to you? Then attend **Type 2 diabetes and weight management webinar**

Would like to know more about pre diabetes services or weight loss services available to you? Then attend **Pre-diabetes and weight management open evening webinar**

For patients ONLY:	Dietitian webinar	Date (B & I)	Time
<b>Type 2 diabetes</b> <b>Pre – diabetes</b> <b>Post gestational diabetes</b> <b>PCOS</b>	Mediterranean diet	Wednesday 17 <sup>th</sup> Jan’24 Wednesday 28 <sup>th</sup> Feb’24 Wednesday 10 <sup>th</sup> Apr’24	10:00 – 11:30 13:00 – 14:30 15:00 – 16:30
	Low carbohydrate (carb) diet	Wednesday 7 <sup>th</sup> Feb’24 Wednesday 6 <sup>th</sup> Mar’23 Wednesday 17 <sup>th</sup> Apr’24	10:00 – 11:30 13:00 – 14:30 15:00 – 16:30
	Intermittent fasting diet and time restricted eating	Wednesday 14 <sup>th</sup> Feb’24 Wednesday 13 <sup>th</sup> Mar’23 Wednesday 24 <sup>th</sup> Apr’24	10:00 – 11:30 13:00 – 14:30 15:00 – 16:30
	X-PERT First Steps for <b>type 2 diabetes ONLY</b>	Wednesday 21 <sup>st</sup> Feb’24 Wednesday 3 <sup>rd</sup> Apr’24 Wednesday 1 <sup>st</sup> May’24	10:00 – 11:30 13:00 – 14:30 15:00 – 16:30
	Type 2 diabetes and weight management webinar Age >18yo with HbA1c > 48mmol/mol, no type 1 diabetes, no pregnancy	Wednesday 17 <sup>th</sup> Jan’24 Wednesday 21 <sup>st</sup> Feb’24 Wednesday 13 <sup>th</sup> Mar’24 Wednesday 17 <sup>th</sup> Apr’24	18:00 – 19:00 18:00 – 19:00 18:00 – 19:00 18:00 – 19:00
	Pre-diabetes and weight management webinar Age>18 yo with BMI > 25 and HbA1c <48mmol/mol, include PCOS and post gestational diabetes, no pregnancy	Wednesday 17 <sup>th</sup> Jan’24 Wednesday 21 <sup>st</sup> Feb’24 Wednesday 13 <sup>th</sup> Mar’24 Wednesday 17 <sup>th</sup> Apr’24	19:00- 20:00 19:00- 20:00 19:00- 20:00 19:00- 20:00