

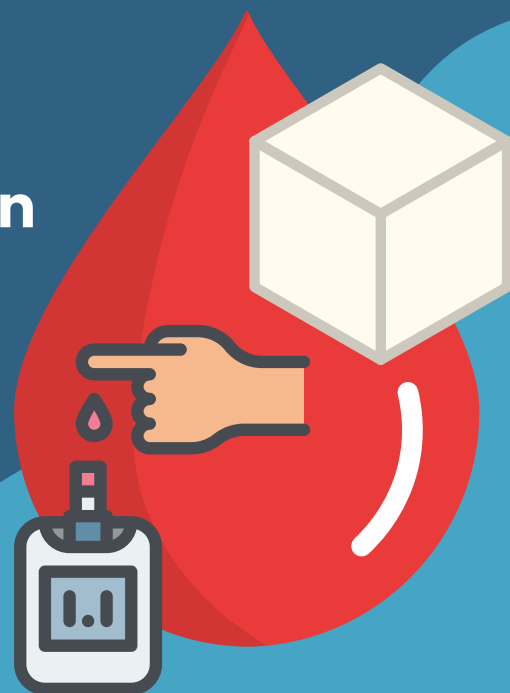
Empower Your Health: Reducing Risk of Type 2 Diabetes With Healthy Lifestyle Changes



Join Living Well Taking Control for a **free webinar** on the link between lifestyle choices, physical activity, and type 2 diabetes prevention

Find Out About:

- ✓ Importance of early intervention
- ✓ Modifiable risk factors
- ✓ Practical lifestyle tips
- ✓ Balanced nutrition & hydration
- ✓ Moving more & sleeping well
- ✓ Stress management



scan the QR code



Date: 27 May 2025



Time: 12:00–12:40pm



Registration Link:

<https://diabetes-prevention-week-lwtc.eventbrite.com>



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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