

Around 200,000 people are diagnosed with Type 2 diabetes every year – you don't need to be one of them.

Start your journey to a Healthier You with the Healthier You: NHS Diabetes Prevention Programme.

A free, personalised programme to help you with your weight, healthy eating and exercise – reducing your risk of developing Type 2 diabetes.

See if you may be at high risk of Type 2 diabetes at www.diabetes.org.uk/risk and speak to your GP practice team to check if you're eligible for the programme.



**TYPE 2
DIABETES PREVENTION WEEK**

1-7 APRIL 2019 #PreventingType2