

LIVING WITH TYPE 2 DIABETES?

Join a Diabetes UK peer support group!

DATE: From Thursday 29th June 2023 (for 6 weeks)

TIME: 6.30-7.30pm

WHERE: Zoom!

Volunteers from the Diabetes UK's South East Team are running an online Peer Support group for people living with type 2 diabetes.

This is to bring together people with diabetes to share experiences of living with the condition and get practical tips from others about how to live well.

Topics will include food, treatment, emotional health and more.

Event link:

<https://tinyurl.com/4nj2r72n>

To find out more, please email secoastandlondon@diabetes.org.uk

www.diabetes.org.uk

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DiABETES UK
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