

# Are you at risk of type 2 diabetes?

Reduce your risk of type 2 diabetes with the Healthier You NHS Diabetes Prevention Programme



## What is Healthier You?

Healthier You is the free NHS Diabetes Prevention Programme providing tailored, personalised support to reduce your risk of developing type 2 diabetes.

The 13-session programme is available both as a face-to-face group service and as a digital service. You'll learn how to regulate your blood glucose levels through implementing change to:

- Nutrition
- Physical activity
- Weight management
- Overall wellbeing

This combination of lifestyle change has been clinically proven to help prevent the onset of type 2 diabetes.

*"I feel like a new person! I know there are thousands of people out there who would have their life changed by attending the programme."*

## Get more information!

If you have any questions or if you would like to find out more, please get in touch. If you would like to be referred, please contact your GP practice.

**0333 5773010**

[Info@preventing-diabetes.co.uk](mailto:Info@preventing-diabetes.co.uk)  
[preventingdiabetes.co.uk](http://preventingdiabetes.co.uk)



Service provided by

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