

Supporting
you with your
diabetes



ACTIVE
SURREY

Join our **FREE** online information sessions
for the prevention and management of
Type 2 Diabetes for people from
South-Asian communities in Surrey.

Led by a registered Dietitian, focusing on South-Asian diets,
and a GP specialising in diabetes.

We'll take you through the condition in general and how
eating well and moving more can help you to manage type
2 diabetes/prediabetes.

Part 1: Tuesday 31st January 2023 12-1pm

Part 2: Tuesday 7th February 2023 12-1pm

Online on Zoom



Book your place at

bit.ly/3UIC60V

or scan



SURREY
HEARTLANDS
Health and Care Partnership 