

# Empower Your Health: Blood Pressure and Type 2 Diabetes Prevention



Join **Living Well Taking Control** for a **free webinar** to learn how taking control of your blood pressure can help to reduce your risk of type 2 diabetes, and explore other practical strategies to protect your wellbeing

## Find Out About:

- ✓ The connection between blood pressure and blood glucose
- ✓ Practical lifestyle tips to reduce blood pressure
- ✓ Achieving balanced nutrition & hydration
- ✓ Ways to add movement into your daily routine
- ✓ How to manage stress
- ✓ Tips for improving sleep



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**REGISTER  
NOW**



**Date:** 10 Sep 2025



**Time:** 12:00–12:40pm



**Registration Link:**

<https://blood-pressure-and-diabetes-lwtc.eventbrite.com>