




Take Control of Your Health: Reducing Your Risk of Type 2 Diabetes Through Healthy Lifestyle Changes



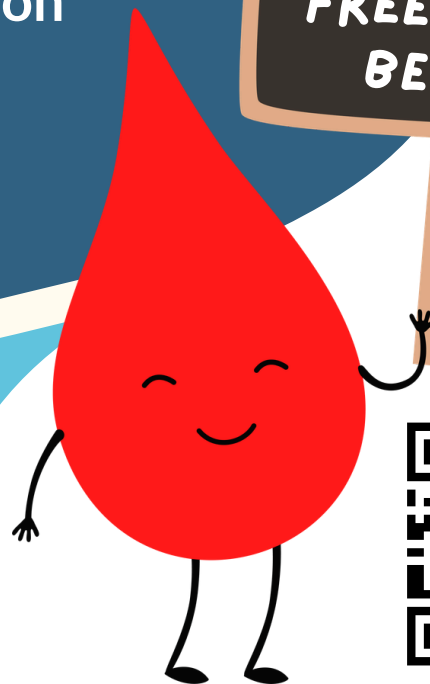
Join **Living Well Taking Control** for a free webinar this Diabetes Prevention Week and discover how small, sustainable lifestyle changes can help reduce your risk of type 2 diabetes.

What we'll cover:

- ✓ The importance of early intervention
- ✓ Understanding modifiable risk factors
- ✓ Practical healthy lifestyle tips
- ✓ Balanced nutrition and hydration
- ✓ Enjoyable daily movement
- ✓ Sleep and wellbeing
- ✓ Stress management strategies

 **Tuesday 26 May**
 **1pm - 1:40pm**
 **MS Teams**

**BOOK YOUR
FREE PLACE
BELOW**



lwtc_diabetespreventionweek.eventbrite.com

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME