

Take Control Of Your Health: Cholesterol and Type 2 Diabetes Prevention



Join **Living Well Taking Control** for a free webinar to learn how taking control of your cholesterol levels can help reduce your risk of type 2 diabetes, plus explore other practical ways to protect your wellbeing

Find Out About:

- ✓ The connection between cholesterol and blood glucose
- ✓ Practical tips to achieve healthy cholesterol levels
- ✓ How to achieve balanced nutrition & hydration
- ✓ Ways to add movement into your daily routine
- ✓ Tips to manage stress
- ✓ Strategies to improve sleep



22 Oct 2025



12:00–12:40pm



<https://cholesterol-month-and-diabetes-prevention-lwtc.eventbrite.com>

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NOW**



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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