



## The *Healthier You*: NHS Diabetes Prevention Programme is provided by Living Well Taking Control

We are excited to announce that our **free lifestyle change programme** is being delivered in your area. These sessions take place in your local community, either near your home address or at your GP surgery. Alternatively, you can access them from the comfort of your own home via our digital pathway.

### About the Programme:

Our programme helps you to reduce your risk of progressing to type 2 diabetes and the complications associated with type 2 diabetes. It will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- ✓ A healthier diet
- ✓ Regular exercise
- ✓ Emotional wellbeing
- ✓ Stress management
- ✓ Weight management



# Services Available:

## Face to Face

A group-based, face-to-face programme hosted at a local venue near your home or general practice address. A dedicated person 'Locality Coach' will support you throughout the entire duration.



## Digital

One to one health coaching provided through a free app on a smartphone or tablet.

## Prevent Type 2 Diabetes with Us!

**Interactive and Enjoyable:** Our sessions are fun and engaging, helping prevent type 2 diabetes.

**Supportive Community:** Join others at risk and gain support from people in similar situations.

**High Demand:** Places are limited, so accept your invitation quickly when your Locality Coach contacts you.

For more information about the *Healthier You*: NHS Diabetes Prevention Programme, please visit our website at [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk) or email us at [info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk)

For more information about how to reduce your risk of developing type 2 diabetes, please visit [www.diabetes.org.uk/preventing-type-2-diabetes](http://www.diabetes.org.uk/preventing-type-2-diabetes)