

Quorn Medical Centre

PREVENTING TYPE 2 DIABETES EVENT

Around 4 million people in the UK have Type 2 Diabetes, with many more thought to be at risk. The condition is largely preventable and can be improved through lifestyle changes. Quorn Medical Centre, Patient Participation Group invites patients to the following free event.

PREVENTING TYPE 2 DIABETES EVENT

QUORN VILLAGE HALL

SATURDAY, 30TH SEPTEMBER

DOORS OPEN FROM 10.00 AM TO 1.30 PM

Find out more about the risk factors, the habits that can help you prevent Type 2 and how some people can put Type 2 Diabetes into remission with lifestyle changes.

Expert medical speakers, stalls, advice on nutrition and exercise, free refreshments and free blood pressure readings.



Charnwood Foot Health

