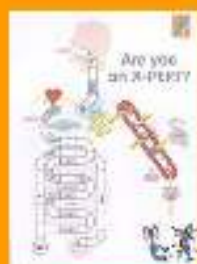


X-PERT

Leading the way to healthy living
with Diabetes



A Structured Patient Education Programme for People with Diabetes

Do you want to increase your knowledge, skills and confidence in managing your diabetes?

Your local X-PERT Programme is a 6 week group diabetes education programme. All the sessions will last for 2½ hours. You will learn all about the up-to-date treatments, management of diabetes and will have the opportunity to explore and address any concerns you may have with your diabetes. If you wish you may bring along a friend or family member.

Would you like to attend the award winning X-PERT

Please Contact:

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Helen Pascoe

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