

MANAGE YOUR DIABETES

YOUR HEALTH, OUR PRIORITY
JOIN THE DIABETES PROGRAMME TODAY

NECHELLS POD

28 OLIVER STREET B7 4NX

STARTS THURSDAY 4TH JUNE 2026

FOR 7 WEEKS

1:00 – 2:30

- Learn simple ways to manage Type 2 Diabetes
- Get support from our Nutritional Therapist & Mindset Coach
- Explore healthy eating & staying active
- Join a live cookery session with our Chef
- Get practical tips to boost your confidence & wellbeing
- Scan the QR code or call 07438 109 868 to find your nearest course and book your FREE place

