

If you are at high risk of developing Type 2 Diabetes then there is a FREE prevention programme available in Derby and Derbyshire.

- **Learn about nutrition and health**
- **Gain life changing skills and knowledge for long term success**
- **Add physical activity into everyday life**

How to join:

Get in touch with your GP for a blood test.

If you are found to be eligible then your GP, nurse or NHS Health Check professional will refer you.

Find out more at: www.preventing-diabetes.co.uk