


# LIVING WITH DIABETES



Are you living with type 2 diabetes and want to know more about what it is and how you can live well? This on-line event, delivered by friendly local health care professionals, will share their knowledge and help you to understand type 2 diabetes and the importance of self-management and well-being. We would love to have you join us!

**Monday 10th October 10am-12.00pm**  
**Thursday 3rd November 17.30-19.30**  
**Online**

**Please register your place using the link below or contact**  
**midlands@diabetes.org.uk**  
**01902 916444**  
**<https://LWDNOTTS.eventbrite.co.uk>**

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**