



The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Herefordshire & Worcestershire

We are very pleased to announce that our group-based face-to-face the programme will be resuming from within Herefordshire & Worcestershire. These sessions will take place in your Local Community, local to your home address or General Practice.

Service offers available

- Face to Face – Group-based face to face program. Hosted at a local community venue near to your home or general practice address. A dedicated Locality Coach will support you throughout the entire course.
- Digital – One to one health coaching provided through a free app on a smart phone or tablet.



All service offers are interactive and enjoyable, helping participants prevent the likelihood of developing Type 2 Diabetes.

You won't be alone, joining a programme to support people who are also at risk of developing diabetes is a great opportunity to gain support from others who are in a similar position.

Places on the programme are limited and we encourage you to accept your invitation as soon as your Coach contacts you



About the programme

This programme aims to help you reduce your risk of progressing to Type 2 Diabetes and complications associated with Type 2 Diabetes; it will improve your knowledge, ability and confidence to make better lifestyle choices, helping you towards:

- **A healthier diet**
- **Better exercise**
- **Emotional wellbeing and ways to manage stress**
- **Weight management**



COVID-19 Measures

We strongly advise that you continue to wear a face mask when attending group sessions to ensure that Covid 19 is minimised at all stages of service delivery. Should you feel unwell or have COVID-19 symptoms you should not attend a face-to-face session and contact your Locality Coach.

For more information about Healthier You, please visit our website
www.lwtcsupport.co.uk

For more information about how to reduce your risk of developing type 2 diabetes, please visit www.diabetes.org.uk/preventing-type-2-diabetes