



## The Healthier You: NHS Diabetes Prevention Programme is provided by Living Well Taking Control in Nottingham & Nottinghamshire

We are very pleased to announce that our group-based face-to-face the programme will be resuming from within Nottingham & Nottinghamshire. 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](http://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](http://www.diabetes.org.uk/preventing-type-2-diabetes)