



## Welcome to your 8-week education programme about living well with Type 2 Diabetes.

Over the next two months, you will receive one short page each week. These pages will give you easy-to-understand information about diabetes, its risks, and how to stay healthy.

### What you can expect:

- Week 1: Understanding Type 2 Diabetes
- Week 2: Healthy Eating for Diabetes
- Week 3: Physical Activity and Weight Management
- Week 4: Diabetes and the Kidneys
- Week 5: Diabetes and the Heart & Blood Vessels (ASCVD)
- Week 6: Diabetes and the Liver
- Week 7: Medicines, Monitoring, and Check-ups
- Week 8: Living Well – Self-Management and Goal Setting

### How to use this programme:

- Read one page each week.
- Think about one small change you could try.
- Write down any questions to ask your GP, nurse, or pharmacist.

