

Calling All Diabetes Patients:

Have You Attended Your Diabetes Education Course Yet?

If you answered no, now is the time to sign up and get up to speed with all aspects of managing your diabetes, including advice on medication, diet and healthcare essentials.

Diabetes education is **essential** for good blood sugar control and avoiding long-term complications such as heart disease, stroke, and blindness.

To book your place or for more information please call the Community Diabetes Team Education Co-ordinator: **0300 300 1509** or ask your GP practice reception for a referral form.

You can also book online by emailing swe.diabetes@nhs.net

Remember: Education and self-management is JUST as important as taking your medication!