



Steps to Prevent Diabetes

Type 2 Diabetes is, in many cases preventable

If you are at risk of diabetes take 'Steps' now to prevent it

Come join our fun and interactive sessions that include:

- practical tips on making healthy food choices
- advice on weight management
- receive a free pedometer to count your steps
- tips on becoming more physically active

Who is it for?

- Anyone at risk of diabetes

(If you are already diagnosed with type 2 diabetes please ask to be referred to DESMOND)

- Aged 18 & over and living in Lambeth
- Requires an understanding of the English language

Sessions run for half a day (3 hours)
Venues: Brixton, Streatham, West Norwood
Further details will be sent to you on booking

To Book: Please ask your GP or
Practice Nurse to complete your referral form

Lambeth Diabetes Intermediate Care Team
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