

# *Managing Diabetes!*

The knowledge gained at this meeting could help you maximize your physical health and manage your emotional wellbeing.

***Healthy Eating and Lifestyle*** changes are relevant for those at risk of diabetes and those living with all types of diabetes. Chris Kay and Beverley Salter, Wiltshire Health Trainers, will provide information on how to eat better, move better, and reduce weight if necessary. They provide the motivation to give people the best opportunity to make improvements.

***Emotional Wellbeing*** is the main concern of 60% of those living with diabetes. Hayley Keeble, a Health Psychologist, will explain the free NHS service and how to access it.

All welcome, including friends, family and carers.

Free entry and tea/coffee.

**Thursday 25<sup>th</sup> January 2018**

**7.15 for 7.30pm**

**Warminster Civic Centre, BA12 8LB**

For more information please call: Clive Wright 01985 988324  
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Our vision is a world where diabetes can do no harm.

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**