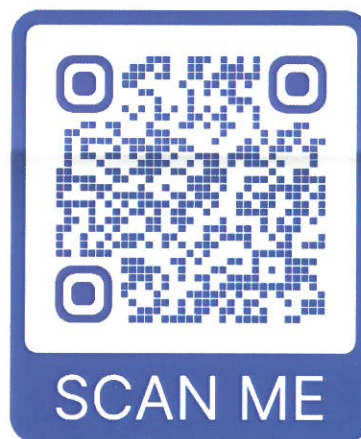


Do you have type 2 diabetes?

Healthy Living is a free, online NHS programme that supports people to live well with type 2 diabetes.

Register at: healthyliving.nhs.uk or scan the QR code.



In-person type 2 diabetes support sessions

In person sessions for people with type 2 diabetes will be held at various locations across the island for those unable to access online training.

Please ask your GP practice to refer you. These sessions are provided by the Diabetes Centre, Isle of Wight NHS Trust.