

# Skills for Life - Diabetes



Join us for this 3-hour programme designed and delivered by diabetes nurse educator and dietician to help **people with diabetes** learn how to look after themselves.

Learning made a lot more fun and meaningful through sharing, eating, exercising and checking blood sugars in a group. As we believe that 'You are not alone in diabetes,' so all participants with diabetes are encouraged to bring along **one** family member or friend at no charge!

## Registration & Enquiry:

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