

# DIABETES AND YOU

Information about taking care of  
yourself and your type 2 diabetes



2



Type 2



Do you have type 2 diabetes and a learning disability or autism?



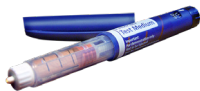
Would you like to know more about taking care of yourself and your diabetes?



Diabetes and You is a 6 week course run by Healthy Cornwall and the CHAMPs Team.



We talk about:



- Diabetes and glucose



- Medication

- Healthy eating and lifestyles

- How to look after yourself and your diabetes



- Where to get help and support



The sessions are friendly and fun!



You will meet others who also have type 2 diabetes.



Come and learn how to manage your type 2 diabetes and lead a healthier life.

## To learn more or book a place on the course:



Healthy  
Cornwall

Contact **Healthy Cornwall**.



Phone us on:  
**01872 324200**



Email us on:  
**healthy.cornwall@cornwall.gov.uk**



Go to our website:  
**www.healthycornwall.org.uk**

# Contact us

For advice and guidance please contact us at:

 [healthycornwall.org.uk](https://healthycornwall.org.uk)

 [healthy.cornwall@cornwall.gov.uk](mailto:healthy.cornwall@cornwall.gov.uk)



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**If you would like this information in another format or language please contact:**

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