

Does 4 hours seem too long?

Sessions can be split into two half days.
Please call to discuss.

What others have said:

“Very well-presented, have had diabetes for 16 years and I still learnt something”

“Easy to understand, simple and effective”

“Fully explained, great group environment, now have a wider understanding of everything, it shows you are not alone”

“Helpful and supportive with great follow-up options. I’m so glad I attended. It has changed my life”

“Wonderful day, refreshed a lot of things like food and cholesterol”

Provided by:



Nelson Bays Primary Health
281 Queen Street, Richmond
Freephone 0800731317
www.nbph.org.nz

With support from:



Living well with Type 2 Diabetes

**FREE self-management
session that promotes
awareness, wellness
and confidence to
manage diabetes**



Type 2 Diabetes is a family concern

Diabetes is a serious disease, but learning more about it can help you and your family understand and manage it with confidence.

When diabetes is well-managed, the risk of developing complications is greatly reduced



The good news is ...

There are steps you can take to reduce your risks.

With knowledge and understanding, you can take action to keep yourself well with diabetes, and those around you.

The session includes:

- Learning the facts and myths around type 2 diabetes
- Diabetes treatments and how to lower the risk of long term complications
- Understanding your numbers: glucose, blood pressure & cholesterol
- Managing physical activity
- Motivation and setting goals
- Healthy eating with practical tips
- Emotional well-being
- Support options available and how to access them

About the session:

The session is 4 hours with lunch at the end. It's open to anyone with type 2 diabetes, whether newly diagnosed or those who have lived with it for a long time. Whānau or a support person are welcome to come along too.

The sessions are delivered in a relaxed, informal way with lunch and snacks provided.

Need a different option?

If you are unable to attend a Living Well with Diabetes session, the following options are also available:

- Virtual zoom sessions
- A recording of the session
- Further resources etc

Contact Jennie or Jacqui for more information on these options or for any other questions.

Contact details:

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