



WEEK 1

LET'S GET TO KNOW EACH OTHER

Our talking points today	Time (mins)
Welcome & Introductions	10
<ul style="list-style-type: none"> • Why we set up DCC? • What would you like to get out of DCC? 	5
Personal stories about diabetes	20
The Power of Tai Chi	10
KnowDiabetes walkthrough and registration	10
Wrap up	5

ADDITIONAL INFORMATION / LINKS:

[Denis Type 2 diagnosed whilst being treated for heart and kidney failure | Know Diabetes](#)

[Fatima Type 2 lost 15 kg through lifestyle changes | Know Diabetes](#)