

WELCOME TO A HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Are you at risk of type 2 diabetes because of your ethnicity or family history? We can help!



CONNECT WELL

Connecting with people will enrich your everyday!

SLEEP WELL

Sleeping well will ensure you're ready for a healthier tomorrow!



EAT WELL

Good food is great for your body and soul!

MOVE MORE

Step outside, dance or play a sport. Exercise makes you feel good!



We feel better and smile more when we connect well, sleep well, eat well and move more!

START YOUR JOURNEY TODAY!

knowdiabetes.org.uk/healthier_you

