

**TAKING
CONTROL**



**“ Now I understand
the condition, I know
my diabetes. ”**

Malcolm, living with Type 2 diabetes

**Taking control of your diabetes is
easier with an education course.**

DiABETES UK
CARE. CONNECT. CAMPAIGN.



“Once I began to understand my diabetes my control got better and now it doesn’t stop me doing anything I want to do.”

Diabetes education courses make living with diabetes easier.

Whether you have Type 1 diabetes or Type 2 diabetes, it can feel like there is a lot to learn. But going on a course can help you understand what diabetes is and how it affects your body.

The courses are friendly and welcoming. They give you the chance to ask questions and meet people who are going through the same experience as you.

People who have been on a course feel more confident about looking after their condition and are less likely to suffer complications.

Ask your healthcare team about diabetes education courses in your local area and fill in the details below.

My diabetes education course is:

When:

Where:

Web: www.diabetes.org.uk/taking-control

Call: 0345 123 2399* (Monday–Friday, 9am–7pm)

Email: careline@diabetes.org.uk

*Calls may be recorded for quality and training purposes.

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