

Men's Health Week: Reducing Risk of Type 2 Diabetes With Healthy Lifestyle Changes



Join **Living Well Taking Control** for a **free webinar** about why men are at higher risk of type 2 diabetes and practical steps to protect your health

Find Out About:

- ✓ Importance of early intervention
- ✓ Modifiable risk factors
- ✓ Practical lifestyle tips
- ✓ Balanced nutrition & hydration
- ✓ Moving more & sleeping well
- ✓ Stress management



Date: 10 June 2025



Time: 12:00–12:40pm



Registration Link:

<https://mens-health-week-lwtc.eventbrite.com>

scan the QR code



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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