

Empower Your Health: Physical Activity and Type 2 Diabetes Prevention



Join **Living Well Taking Control** for a **free webinar** to learn how moving more every day helps to reduce the risk of type 2 diabetes – and explore other practical strategies to protect your wellbeing

Find Out About:

- ✓ How physical activity impacts blood glucose
- ✓ Which types of activity are beneficial
- ✓ Ways to add movement into your daily routine
- ✓ How to overcome barriers to moving more
- ✓ Balanced nutrition & hydration
- ✓ Managing stress
- ✓ Sleeping well



Scan Me!



REGISTER
NOW



Date: 1 Aug 2025



Time: 12:00–12:40pm



Registration Link:

<https://physical-activity-and-diabetes.eventbrite.com>

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

health
exchange

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TC