

# Living Well Taking Control

We are proud to be delivering the NHS Diabetes Prevention Programme in your area


Our free programme helps lower your risk of developing type 2 diabetes. Over 9 months you'll be supported by your dedicated coach to build the knowledge, skills and confidence to make healthy changes that last.

 **Create**  
Sustainable eating habits

 **Improve**  
Your sleep quality


 **Support**  
Your mental wellbeing


 **Understand**  
Food labels & portion sizes

 **Learn**  
How to change habits


 **Feel**  
Your best with confidence

 **Discover**  
Activities that suit you

 **Connect**  
With like-minded people

 **Make**  
Healthy changes for life

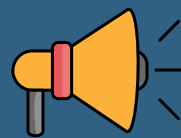
## ✓ Ways To Take Part

 **In-Person**  
Attend 13 friendly group sessions at a venue near you

 **Digital**  
Receive one-to-one support using your smartphone or tablet

Places are limited so don't delay - join us today and start making meaningful changes towards a *Healthier You!*

## ☺ Next Steps

 Contact us today to check your eligibility and join our programme

 [www.lwtcsupport.co.uk](http://www.lwtcsupport.co.uk)

 [info@lwtcsupport.co.uk](mailto:info@lwtcsupport.co.uk)

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