

**If you are at high risk of developing Type 2 Diabetes then there is a FREE prevention programme available in Derby and Derbyshire.**

- **Learn about nutrition and health**
- **Gain life changing skills and knowledge for long term success**
- **Add physical activity into everyday life**

## **How to join:**

**Get in touch with your GP for a blood test.**

**If you are found to be eligible then your GP, nurse or NHS Health Check professional will refer you.**

**Find out more at: [www.preventing-diabetes.co.uk](http://www.preventing-diabetes.co.uk)**