



All patients newly diagnosed with Type 2 diabetes should attend this informative specially designed dietary patient education group



NHS
WALES
GIG
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Ymddiriedolaeth GIG Gogledd Cymru
North Wales NHS Trust

If further information is required
please contact:
Dietetic Department
Wrexham Maelor Hospital
01978 727513
or
01978 727159

Newly Diagnosed Type 2 Diabetes Dietary Education Group



A group education
session with a
Registered Dietitian
to help you begin
to manage your
diabetes

Type 2 Diabetes Group

People with diabetes can lead long and healthy lives and you are the most important person in managing your diabetes. This group session will enable you to learn how you can look after yourself by adjusting your lifestyle to help control your diabetes and stay healthy.

During the session you will be given the opportunity to explore and address any concerns that you may have about what to eat and drink with diabetes.



Group Programme

These are some of the topics which will be covered during the session:

- Learning how you can adjust your dietary intake to help control your blood glucose
- Balancing your diet for your all round health
- Learn how to food shop with confidence and start to understand food labels
- Understanding the significance of weight management in controlling diabetes and other health conditions

- ◆ All sessions will be run by a Registered Dietitian
- ◆ The group session will be 2 hours long
- ◆ The sessions will be held at various venues across the county
- ◆ **You are welcome to bring a partner/relative or carer**
- ◆ Your GP or Practice Nurse will arrange a referral for you to attend this group

