

Living with diabetes days

Learn how to live well with diabetes

Leicester, 16 November 2019

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.



Free event

- Learn how to become more confident in managing your diabetes day-to-day.
- Ask diabetes experts your questions and get practical up-to-date information.
- Meet other people diagnosed with Type 1 and Type 2 diabetes.

Free event at Peepul Centre, Orchardson Avenue, Leicester on **Saturday, 16 November, 10am to 4pm**

To find out more, or to book a place

Go to leicesterlwwdevent.eventbrite.co.uk or call **01922 614500**

Programme for the day

| Time | What's on | Given by |
|----------------|--|--|
| 10am | Come and visit the Diabetes UK marketplace | |
| 10.30am | Welcome | Martin Cassidy |
| 10.45am | Be aware of risks and complications | |
| 11am | Looking after your feet | Rachel Berrington |
| 11.30pm | Emotional health and wellbeing | Libby Dowling, Diabetes UK |
| 12pm | Cardiovascular risks | Dr Raj Than |
| 12.30pm | Free lunch and market place viewing | |
| 1.45pm | Afternoon session 1 Each will run twice. Choose from: | |
| | Diabetes and feet | Dr Raj Than and a Community Podiatrist |
| | Injectable therapies | Laura/Sam Seidu |
| | Diet and lifestyle | Emma Bawldry |
| | Looking after your eyes | |
| | Emotional and psychological health | John Singh and Open Mind |
| | Diabetes and pregnancy | Dr Hina Trevidi |
| | Physical activity | Ryan ICS |
| 2.15pm | Afternoon session 2 Choose from list above | |
| 3.30pm | Type 2 diabetes remission | Diabetes UK |
| 4pm | Finish | |