

# TAKING CONTROL

“ Going on a course has given me more confidence. It’s helped my overall wellbeing. ”

Joni, living with Type 2 diabetes

Taking control of your diabetes is easier with an education course.

DIABETES UK



**“ It has helped get my diabetes under control. It’s been a godsend. ”**

**Diabetes education courses make living with diabetes easier.**

Whether you have Type 1 diabetes or Type 2 diabetes, it can feel like there is a lot to learn. But going on a course can help you understand what diabetes is and how it affects your body.

The courses are friendly and welcoming. They give you the chance to ask questions and meet people who are going through the same experience as you.

People who have been on a course feel more confident about looking after their condition and are less likely to suffer complications.

**Ask your healthcare team about diabetes education courses in your local area and fill in the details below.**

**My diabetes education course is:** .....

**When:** .....

**Where:** .....

**Go to:** [www.diabetes.org.uk/taking-control](http://www.diabetes.org.uk/taking-control)  
**Call:** 0345 123 2399\* (Monday–Friday, 9am–7pm)  
**Email:** [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

\*Calls may be recorded for quality and training purposes.  
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