

# 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 when you have been on a diabetes education course. Ask your healthcare team today for more information about diabetes education and support.

**Find out more:**

**0345 123 2399\***

**[www.diabetes.org.uk/taking-control](http://www.diabetes.org.uk/taking-control)**

**DIABETES UK**

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

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