



Do you have Type 2 Diabetes?

The X-PERT is a six-week group education programme. It will help you understand more about diabetes and how you can manage it through lifestyle changes. It is suitable for anyone newly diagnosed and those who have had diabetes for a while but want to learn more.

Each programme is run by 2 experienced health professionals who will guide you through all aspects of your diabetes. It is a **2 ½ hour session each week for 6 weeks**. It is important that you attend all the sessions to fully benefit from the course. If you wish you may bring along a family member or friend. The X-Pert is run on different days in various venues around Stockport.

Topics covered each week are as follows:

- Week 1 – What is Diabetes?
- Week 2 – Weight Management
- Week 3 – Carbohydrate Awareness
- Week 4 – Food Labelling
- Week 5 – Possible complications of Diabetes
- Week 6 – Questions and Answers/ Are you an X-PERT?

Comments from patients:

'This course was informative but also enjoyable. I found it really helpful in helping me understand diabetes as all demonstrations were in laymen's language'

'This is the first time in 10 years of being a diabetic that anybody has told me these things'

'Don't feel as frightened as I did.....feel more confident in myself...things explained so that anybody & everybody can understand'

If you are interested in attending, please contact the X-PERT coordinator

426 5576

We look forward to meeting you!



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