

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

Prevent Type 2 Diabetes and Gestational Diabetes: Your Guide to Living Well

Congratulations on the arrival of your little one! As you embark on this new chapter of motherhood, it's essential to prioritize your health, especially if you've had Gestational Diabetes Mellitus (GDM) during pregnancy. Your healthcare provider has recommended that you attend a free, non-medical lifestyle programme because you are at increased risk of developing Type 2 diabetes in the future.

Why Prevention Matters

T2 diabetes can lead to various health problems, including:

- heart disease
- stroke
- vision loss
- nerve damage
- circulation issues



Around three in five cases of Type 2 diabetes can be prevented or delayed through lifestyle changes.

To find out more about the programme please see our website at: www.lwtcsupport.co.uk

And for more information on Type 2 diabetes, please visit the NHS Choices website: www.nhs.uk/conditions/type-2-diabetes/

Contact details
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Join Our NHS Diabetes Prevention Programme

This program is here to help you manage your health and prevent Type 2 diabetes and GDM in future pregnancies. You'll join a small group, guided by a trained coach every step of the way. It's free, accessible, and supports non-English speakers. Feel free to bring someone along for extra support.

What to Expect

Our 13-session program, spanning nine months, offers the motivation, resources, advice, and support for positive lifestyle changes. You'll learn about:

- Nutrition
- Physical activity
- Emotional well-being
- Weight management
- Reduced risk of developing GDM



Get Started Today

Scan the QR code below to access our online referral form and take the first step towards a healthier future for you and your family.

