

**Diabetes  
Awareness  
Event**

**Lifestyle and diet tips for managing diabetes**

# Tuesday, 5th April 2022 from 12pm – 2.30pm

# Weston Rhyn Village Institute, SY10 7RQ

# Entry costs £2 (includes a light lunch).

# Book your place:

Call **01743 360641** or

email [**susie.hancock@community-resource.org.uk**](mailto:susie.hancock@community-resource.org.uk)

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Community Resource is an operating name of the Community Council of Shropshire. A Company Limited by Guarantee 4652487 and a Registered Charity 1096779

**Have you been diagnosed with Diabetes or at risk of developing Diabetes? Do you care for someone with Diabetes or is it in your family? To find out more about how to manage the condition, come to this Diabetes Awareness Event.**

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Many people find information about Diabetes confusing and feel that adapting their lifestyle to meet the needs of their condition is complicated.

This session will explain the cause and management of many Diabetes symptoms such as tiredness, thirst, foot ulcers and sight impairment.

There will also be an interactive presentation on healthy eating for Diabetes.

In the UK, one in 10 people over the age of 40 is now living with a diagnosis of Type 2 Diabetes. Find out how to take control of this condition.

**How can you join?**

Call **01743 360641** or

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Attendance is free but a donation towards the work of our charity would be greatly appreciated.