

# Free wellbeing workshops

for residents of Portishead



## Type 2 Diabetes Management

**Wednesday 7 February**

**7pm - 9pm**

**The Folk Hall, High Street, Portishead**

Led by health professionals from the Harbourside Family Practice and the NHS Diabetes Prevention Programme, this information workshop will focus on Type 2 diabetes - looking at the signs of symptoms of both the pre-diabetic and diabetic condition and the challenges this serious health condition can present.

The session will provide useful strategies and signposting that can be employed to prevent, and where already necessary, to manage type 2 diabetes for maximum quality of life.

**Book your seat today!**

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