



Type 2 Diabetes X-PERT First Steps

Would you like help to understand and manage your diabetes better?

If so, you can now sign up to an NHS approved programme that is FREE to anyone with Type 2 Diabetes.

The programme will be taking place in venues throughout Shropshire (see details overleaf).

Book now to reserve a place on one of the 2.5 hour sessions.

Telephone

Shropshire 01743 277 693 / 01743 277 694

Telford 01952 581109 (for dates and venues)

(answer phone service after 12.30pm)

Email: shropcom.shropshiredsn@nhs.net