

DISCOVER DIABETES

Are you living with type 2 diabetes? A dietitian can help!

Attend the DISCOVER DIABETES course today!

This is a FREE course for people with type 2 diabetes and is run by your local dietitian.

What is covered in the course?

The course runs over four sessions each lasting two and a half hours

- Session 1: Learn about what diabetes is and how you can manage it
- Session 2: How to eat healthily and manage your weight
- Session 3: Learn more about carbohydrates and how to read food labels
- Session 4: Planning for the future and living well with diabetes



Healthy Food



Balance



Physical Activity

This course is only suitable for people with a confirmed diagnosis of Type 2 Diabetes – please confirm with your Doctor. If you would like to book a place, please fill out the form below. Feel free to bring along a family member, carer or friend.

Name: _____

Address: _____

Date of Birth: _____

Home Phone No: _____ Mobile Phone No: _____

Doctor's Name: _____

Time of day preference: Morning ___ Afternoon ___ (note we cannot guarantee your preference)

Please return to the relevant area:

Cork city: Community Dietitian, HSE South, Eye Ear & Throat Hospital, Western Road, Cork

Kerry: Community Dietitian, HSE South, Block 1 St Columbanus Hospital, Killarney, Co. Kerry

North Cork: Community Dietitian, Floor 2 Mallow Primary Healthcare Centre, Mallow, Co Cork

West Cork: Community Dietitian, Mount Carmel Hospital Grounds, Clonakilty, Co Cork