

Living Well with Diabetes

Do you have diabetes or pre-diabetes?

Living Well with Diabetes is a new twelve week programme which aims to support you in making small changes that can make a big difference to your diabetes and blood glucose levels.

- **Weekly fitness sessions with professional trainers**
- **Monthly sessions on nutrition and healthy habits**
- **Small friendly groups**
- **Free to anyone in West Lothian who has diabetes or pre-diabetes**

Provided on behalf of the West Lothian Diabetes Scotland Group by Personal Best, highly respected local trainers who have supported people with diabetes for over ten years.

For more information and to register contact –

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**DiABETES
SCOTLAND**

**KNOW DIABETES. FIGHT DIABETES.
West Lothian Group**