

Recently diagnosed with Type 2 diabetes?

Free Online Diabetes Education

EMPOWER T2n is a single, interactive session, led by a trained diabetes educator, that provides support and advice on living with Type 2 diabetes:

- what Type 2 diabetes is
- the effect Type 2 diabetes has on your body
- how to make small changes to the food you eat and your everyday life

ASK YOUR GP OR NURSE TO REGISTER YOUR PLACE

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EMPOWER T2n is delivered by Spirit Healthcare on behalf of NHS Northumberland CCG