

## HOW TO LEAD A HEALTHIER LIFE: A free public engagement event

THURSDAY 17TH JUNE  
13:00-13:30

In celebration of Diabetes Awareness Week, we are hosting a free, half an hour engagement event for anyone who would like to learn more about:

- Reducing stress
- Sticking to a healthy diet
- Increasing your physical activity
- Achieving and maintaining a healthy weight
- What pre-diabetes is and why millions of people across England are at risk of developing Type 2 Diabetes
- What free support is currently available through the NHS

As part of the session, we will also teach you a simple breathing technique which is proven to relieve stress and improve your mood.

Register online at:  
<http://bit.ly/lwtcdawevent>

Or scan our QR code

