

# Summer Education Event for People with Type 2 Diabetes

The NEEDS diabetes team are excited to be running a  
Summer Education Event for people with type 2 diabetes.

**On Monday 10th July 2023**  
**9.30am – 12.30pm**

**Location:**  
**Langham Community Centre, School**  
**Road, Langham, Colchester, CO4 5PA**

Support sessions will be delivered by diabetes educators on a range of topics including diet and lifestyle, type 2 diabetes and medication and top tips for your annual review appointments. There will also be an opportunity to have some your diabetes checks completed if these are required.

Local organisations will also be showcasing stands to help promote services available locally so that you know what support is available to you.

**To book your place please contact the NEEDS diabetes team:**  
**By emailing: [education@diabetesneeds.org.uk](mailto:education@diabetesneeds.org.uk)**  
**Or telephone : 0345 241 3313 (option 2)**

Please note registration will open at 9.15 on the day, please try to arrive promptly. Parking is available but maybe limited depending on the number of attendees for the course. Please bring your own refreshments.