

Diabetes Prevention Week

1-7th April 2019

Free type 2 diabetes 'know your risk' assessment



Free learning about exercise from a trained health coach

Free discussion on diet and portion control



and much more...

Your nearest free event:

Saturday 6th April 2019

Princess Square Shopping Centre (opposite Sally Hair and Beauty), Bracknell, RG12 1LS

10:00am-4:00pm

In partnership with:

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

NHS

Berkshire Healthcare
NHS Foundation Trust

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME



Bracknell Forest
Health Improvement Programme



Health & Wellbeing

NHS

East Berkshire
Clinical Commissioning Group



Bracknell
Forest
Council