

Diabetes Prevention Week

1-7th April 2019

Free general health assessment*



Free learning about exercise from a trained health coach

Free discussion on diet and portion control



and much more...

Your nearest free event:

Wednesday 3rd April 2019

The Curve, William Street, Slough, SL1 1XY

10:00am-4:00pm

In partnership with:

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

HEALTHIER YOU
NHS DIABETES PREVENTION PROGRAMME

NHS
East Berkshire
Clinical Commissioning Group

www.slough.gov.uk
Slough
Borough Council

Active Slough

ICS Health & Wellbeing

NHS
Berkshire Healthcare
NHS Foundation Trust

Slough Public Health

Solutions4Health

*Must be aged 16 and over, and registered with a GP surgery in Slough