



# 12 WEEK COURSE

# DIABETES AND EXERCISE INTERVENTION

- A free 12-week physical activity course for adults recently diagnosed with Type 2 Diabetes or Pre-Diabetes.
- Suitable for anyone who would like to be more active but who finds the idea of exercise daunting.
- Participant lead- try a range of activities throughout the course with exercise classes in addition to further activities including Gym and Pool access.
- During the course there will be opportunities to socialise with other members in the class and to discuss and get advice on your health and well-being goals with a member of the fitness team. Education sessions on diabetes, exercise, and nutrition will also be available.
- Classes delivered by fully qualified instructors.
- Participants will unlock the free membership from the start of the programme.
  
- Please contact [robbiecampbell@everyoneactive.com](mailto:robbiecampbell@everyoneactive.com) if you would like any further information or have any issues signing up

## COURSE INFORMATION:

**Where:**

**Taro Leisure Centre**

**When:**

**Monday 9th September**

**Cost:**

**FREE to participants**

**SCAN  
HERE  
TO SIGN  
UP**



**Taro Leisure Centre**

Penns Place, Petersfield, GU31 4EX  
01730 263 996

**NHS**  
Hampshire, Southampton and  
Isle of Wight  
Clinical Commissioning Group

**East  
Hampshire**  
DISTRICT COUNCIL

**everyone**  
ACTIVE