



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 if you would like any further information or have any issues signing up

COURSE INFORMATION:

Where:

Whitehill & Bordon LC

When:

Friday 13th September


Cost:

FREE to participants

**SCAN
HERE
TO SIGN
UP**



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Hampshire, Southampton and
Isle of Wight
Clinical Commissioning Group


East
Hampshire
DISTRICT COUNCIL


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ACTIVE