

# Diabetes Education ...it's free and it's local!



## Need help managing your diabetes?

You may be able to join a local EMPOWER session to help you understand:

- what type 2 diabetes is
- the effect type 2 diabetes has on your body
- how to make small changes to the food you eat and your everyday life

**SPEAK TO YOUR GP OR NURSE  
WHO CAN REFER YOU OR BOOK ONLINE**

[www.empowerlr.co.uk](http://www.empowerlr.co.uk)



Leicester City Clinical Commissioning Group  
East Leicestershire and Rutland Clinical Commissioning Group  
West Leicestershire Clinical Commissioning Group