









Are you living with  
Diabetes?

Do you need  
support?

Would you like to  
learn to live well?



- |  |  |
|--|--|
|  Urinating often                      |  Irritability                     |
|  Being thirsty more often than usual |  Blurry vision                   |
|  Being hungry more often than usual |  Wounds that won't heal         |
|  Being tired more often than usual  |  Numb or tingling hands or feet |

**Energise Centre**  
Live life to the full

Starts Friday 27<sup>th</sup> Oct  
1-3pm

Would you be like to be part of a new Diabetes peer support group?

Share experiences, learn more and support each other.

Monthly Group, meets the last Friday of the month 1-3pm  
**27<sup>th</sup> Oct, 24<sup>th</sup> Nov, 29<sup>th</sup> Dec 2017**

**Energise Centre**  
Live life to the full

**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.

SALFORD ENERGISE CENTRE  
COMMUNITY GROUP

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**Patron: Her Majesty The Queen**

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