



TAKE CONTROL OF YOUR DIABETES

**Come along to our friendly,
new support group**

- Share experiences
- Support each other
- Learn more about diabetes
and living better

We meet on the last Friday of every
month 1-3pm at the Energise Centre.

Supported by

DiABETES UK
KNOW DIABETES. FIGHT DIABETES.

Energise Centre
Live life to the full

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@energisecentre

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www.energisecentre.co.uk



Diabetes

look out for the warning signs



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

Worried? Talk to your GP.