

Do you or a family member have Type 2 Diabetes?



# Diabetes Basics Session

Thursday 16<sup>th</sup> Nov  
10.00am-12.30pm

**Energise Centre**  
Live life to the full

If you have diabetes or support someone with diabetes, this session is for you.

This one-off session will help you understand and manage your condition better.

To book a place phone 0161 212 5700



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3 Douglas Green, Salford, M6 6ES  
Phone: 0161 212 5700

Email: [energise@thebiglifecompany.com](mailto:energise@thebiglifecompany.com)  
Web: [www.energisecentre.co.uk](http://www.energisecentre.co.uk)