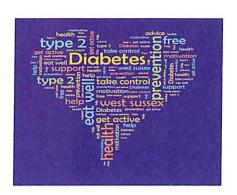
Are you at risk of diabetes?



You may have a family member with Type 2 diabetes; you may have been identified as being at high risk of developing it; or, you may just want to find out more about how you can avoid developing it.

Whatever your reason, we are here to help. We are running some free and friendly workshops that aim to provide you with information and advice on how you can avoid the development of Type 2 diabetes. Our Wellbeing Advisors will be able to offer advice and help that could make a big difference to your life.

We will be running a number of **free** sessions and so if you are interested in finding out more, please email info@chichesterwellbeing.org.uk or call us on 01243 521041.