

African Community School

Free Diabetic Peer Support Programme

Do you have Diabities?

Would you like to learn more about the condition? As Type 2 diabetes is on the increase, more of us are coming into contact with people who have the condition.

It is important to understand the complexities relating to lifestyle that a person with diabetes faces each day.

THE COURSE WILL RUN FOR 4 SESSIONS TO PROVIDE PARTICIPANTS WITH DIABETES, THE KNOWLEDGE AND CONFIDENCE ON HOW TO MANAGE THE CONDITION

Every Monday

Time: 12.30 - 2.30pm

THE COURSE WILL ALSO COVER EXERCISE CLASSES (ZUMBA) FOR 8 SESSIONS

Every Friday

Time: 3.45 - 5.30 pm

**Venue: Princess May Primary School,
Princess May Road, N16 8DF**

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