

## Sheffield Diabetes Dietitians Introduce...

A new workshop for people with diabetes who want to learn more about healthy eating

# Look aHEaD

## Healthy Eating and Diabetes

### What is it?

A 2 ½ hour group session offering support and advice around:

- ♥ Healthy eating
- ♥ Healthy lifestyle
- ♥ Setting goals and making plans



### When and where is it?

∂ Ponds Leisure Centre, S1 2BP

∂ **Monday 25th March, 13:30 - 16:00**

∂ **Monday 29th April, 13:30-16:00**

∂ **Monday 20th May, 13:30-16:00**

8 places available per session 13:30-16:00

### Referral

Ask your GP, Practice Nurse or member of your Diabetes Healthcare Team to **refer** you to **Sheffield Diabetes Dietitians** at Sheffield Teachings Hospitals NHS Foundation Trust for the '**Look aHEaD: Healthy Eating and Diabetes**' Workshop