

Diabetes Wellness Day

University of Greenwich

Saturday, April 16th 2011

Join DRWF and the University of Greenwich at Medway for this special collaborative Diabetes Wellness Day, supported by specialist diabetes teams from local and national healthcare organisations.

Talks and workshops will be given on many different aspects of living with diabetes. There will be a chance to take part in our Tai Chi and Nordic Walking sessions. A variety of exhibitors will also be on hand to offer advice on diet, nutrition, health, lifestyle and the latest blood-glucose monitors and diabetes related products and services.

There is a small registration fee of £5, which includes access to the full programme of talks and activities, the exhibition room, tea, coffee and refreshments, a hot baked potato lunch and free parking.

Whether you have Type 1 or Type 2 diabetes, the Diabetes Wellness Day will provide you with the opportunity to discuss your diabetes related questions with the speakers in an informal environment. The day will also provide a wonderful platform for mixing with other people with diabetes and making new friends.



To find out more or for a full information pack, please contact Lee Calladine on 023 92 636133 or by e-mail at events@drwf.org.uk