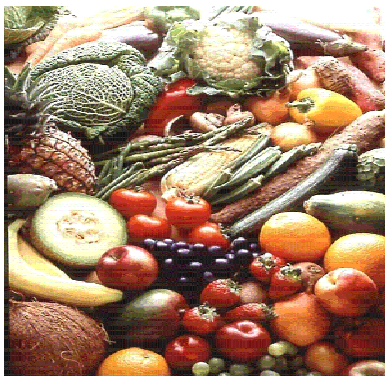


## Group Education for People with Type 2 Diabetes

Become an X-PERT Patient  
Increase your skills, knowledge  
& confidence to manage your  
diabetes



To join a course contact:



01492 536 586

Fax 01492 539 587

Email [xpert@conwylhb.wales.nhs.uk](mailto:xpert@conwylhb.wales.nhs.uk)

Quote 'X-PERT Programme'

Course facilitators

Katie Thomas, Karen Jones &  
Lesley Yelland

### People with diabetes can lead long and healthy lives

Your doctor and health care team are there to help you to look after your diabetes. Looking after yourself by learning about your diabetes can reduce the risk of serious health problems. As people with diabetes have a higher chance of:

- Heart Disease
- Stroke
- Kidney Disease
- Eye Damage
- Foot Problems

The X-PERT programme is a 6 week structured education course

All sessions last 2 ½ hours and are informal. It is important to attend all the sessions.

You are welcome to bring someone with you for support.

#### X-PERT Diabetes Programme

<b>Week 1</b>	What is diabetes? Understanding Treatment options
<b>Week 2</b>	Weight management Exercise & well being
<b>Week 3</b>	Carbohydrate awareness
<b>Week 4</b>	Supermarket Tour
<b>Week 5</b>	Possible complications of diabetes
<b>Week 6</b>	XPert Game Life issues & Driving Evaluation
Sessions are held in community venues	

**This leaflet is available in other  
formats on request to Conwy  
Local Health Board  
Tel: 01492 536 586**