

GET MOVING

FOR FREE

Free classes near you for people living with diabetes, to help you get more active

- Try a different gentle activity each week, for example, Boxercise and Yoga
- Online sessions if needed
- Tailored sessions to help you get more active
- Diabetes information and support
- A chance to meet other people

If you are:

- Over 18
- Living with type 1 or type 2 diabetes
- Able to take part in gentle physical activity
- Committed to moving more
- Doing less than 30 minutes of physical activity a week, including walking

10 weeks of classes

Starting: Thursday 19 May 2022

Time: 11.30am - 12.30pm

Venue: Brasshouse Community Centre
Brasshouse Lane, Smethwick B66 1BA

Places are limited.

Sign up now so you don't miss out.

**Every movement matters
and we're here to help
you every step of the way.**

Please get in touch to register your interest and the group co-ordinator, will give you a call.

To find out more:

Call: Diabetes UK Helpline on **0345 123 2399**

Monday to Friday, 9am – 6pm

Email: helpline@diabetes.org.uk

We're on the phone and online

If you can't make our Get Moving classes we are here to support you on the phone and online:

- Talk to us. Get personalised advice to help you get moving by speaking to our trained advisors. Call **0345 123 2399**. Interpreters are available.
- Join our Get Moving classes on Zoom. Call **0345 123 2399** for course dates and times.



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.