


Your Health, Your Power: Learn How to Reduce Cancer & Type 2 Diabetes Risks – One Step at a Time

 **Date:** 18 February 2025

 **Time:** 12:00-12:40pm

 **Registration Link:**

<https://DiabetesPrevention.eventbrite.com>



Join Living Well Taking Control for a free webinar on the links between prediabetes, obesity, and cancer risks

- The importance of early intervention
- Practical lifestyle tips
- Balanced nutrition
- Regular activity
- Stress management
- Better sleep
- How small changes really matter



Sign up by
scanning the
QR code



HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

health **LW**
exchange **TC**