



# Are you living with Type 1 or 2 Diabetes?

Our moto is “control your diabetes do not let diabetes control U”

Leicestershire South Asian Diabetes Support Group is a support group led by patients with Type 1 and Type 2 Diabetes to Engage, Educate and Empower South Asian Communities to take responsibility to manage their diabetes effectively. Look forward to your attendance and working together to raise awareness in our communities.

We would like to welcome you to our monthly meeting for people in Leicestershire which will provide a regular chance for people with type 1 & 2 diabetes to meet each other, offer peer support and listen to educational talks from professionals addressing healthy eating , diets, exercise and medical interventions. In addition to these talks we will also provide information, advice and training as required from our contacts from India and Internationally.

Meetings are held monthly on the second Tuesday each month.

Dates:

- 14<sup>th</sup> November 2017,
- 12<sup>th</sup> December 2017,
- 9<sup>th</sup> January 2018,
- 13<sup>th</sup> February 2018,
- 13<sup>th</sup> March 2018

All meetings will be from 19.00pm to 21.00pm

Location: Santosh Community Centre, 2a Wingfield Street, Leicester, LE4 5DS.

For more information contact: Kirit Mistry – Chair,

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Tel: 07940516666



Registered Charity Number: 1171789