

# Reduce your risk of type 2 diabetes

Do you know if you are at risk of developing type 2 diabetes?

Would you be interested in a free programme that has helped more than 100,000 people in England to reduce their risk of type 2 diabetes?

**We'll cover all of this and more in our upcoming virtual information event.**

**Venue:** On-line Webinar

**Date:** 31/10/2023

**Time:** 12pm – 12.30pm

**Register online at:**  
[bit.ly/3qfTATy](https://bit.ly/3qfTATy)

