



**X-PERT
HEALTH**

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Do you require insulin to control your diabetes?

The X-PERT Insulin Programme will provide all the information you need to manage your diabetes and REDUCE your insulin requirements. If you have Type 2 diabetes you may even be able to OMIT insulin altogether!

It is based on the latest scientific evidence and can help you to improve your health and quality of life.

FREE
COURSE

X-PERT Insulin Programme

6 weekly sessions, each lasting 2 ½ hours

Where : Bloomfield House Community Centre,
Bloomfield House Redstone Road, Narberth SA67 7ES

When: Every Monday 11th Sept - 16th October 2023

Time : 2pm - 4:30pm

Kindly contact 0300 3038322 (option 5) to book



You will also
receive a free
handbook!



www.xperthealth.org.uk