



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.

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

FREE
course



You will also receive a free handbook!