EMPOWER
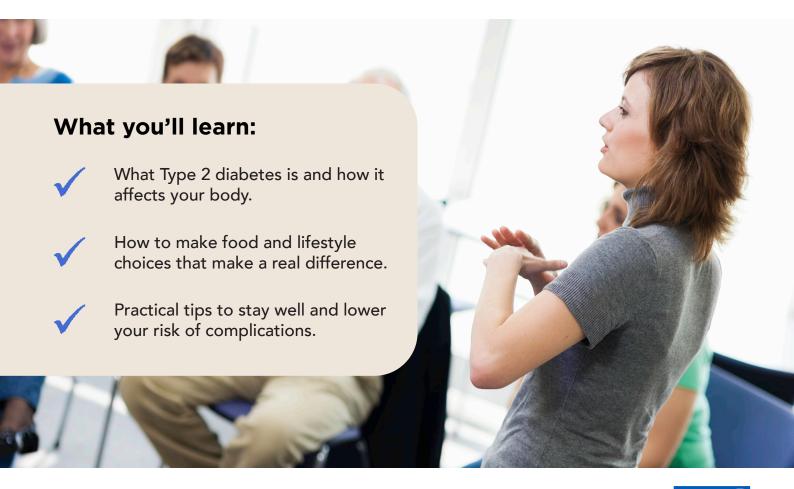
Take Control of Your Type 2 Diabetes

Join a free, NHS-funded diabetes education course and gain the knowledge and confidence to manage your diabetes effectively and reduce the risk of serious health complications.

The expert-led course will give you practical advice and support to help you manage diabetes.

What you'll learn:

✓ What Type 2 diabetes is and how it affects your body.

✓ How to make food and lifestyle choices that make a real difference.

✓ Practical tips to stay well and lower your risk of complications.

empower-diabetes.co.uk

NHS
Hertfordshire and West Essex
Integrated Care Board

Thousands of people have benefited from an EMPOWER diabetes education course, with proven results, including **lower blood sugar levels**[1] and better diabetes management. Plus, **98.8% of attendees would recommend us** to friends and family[2].

"The educator was very knowledgeable and friendly. It was great to be able to listen to other members and their experiences with diabetes, what they're finding hard, and to get help to achieve a balanced lifestyle. I was also able to ask questions about what we should be looking for to get our levels back down."
Michael

How to Book Your Free Place

This course is open to anyone aged 18+ with Type 2 diabetes, registered with a GP in East and North Hertfordshire.

Choose a learning option that works for you:

✓ **4-hour group session –** available **in-person or online**, led by expert educators

✓ **Self-paced online course –** learn at your own convenience

Sessions are available during the day, evenings, and weekends to fit your schedule. We also offer the course in different languages and sign language - just let us know your needs.

Please speak to your GP or practice nurse who can refer you. Alternatively, you can self-refer and book online by scanning the QR code below or contacting our team on:

0800 852 7460

spirit.empower.enh@nhs.net

SCAN ME

1 Sutton D et al. Structured Diabetes Education: virtual access was as effective as face-to-face access to a structured diabetes education programme (EMPOWER) for people with type 2 diabetes in England. medRxiv 2024.02.27.24303369; doi: https://doi.org/10.1101/2024.02.27.24303369
2 Data on file. EMPOWER participant feedback all CCGs 2019/20.

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