

# GET MOVING

# FOR FREE

## Free physical activity classes online for people living with diabetes

- Try a different gentle activity each week
- Diabetes information and support
- A chance to chat to other people living with diabetes
- A chair-based class is available

### If you are:

- Over 18
- Living with diabetes
- Able to take part in gentle physical activity
- Committed to moving more
- Doing less than 30 minutes of physical activity a week, for example walking



**Every movement matters and we're here to help you every step of the way.**

Please get in touch to register your interest, and the group co-ordinator will give you a call.

#### To find out more:

Call: Diabetes UK Helpline on **0345 123 2399**

Monday to Friday, 9am – 6pm

Email: [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

### 10 weeks of classes

The following courses are starting in September. Each class is an hour long, will run at the same time for 10 weeks and is aimed at a patient group.

- Mondays at 11:00am from 13th September (South Asian Ladies)
- Mondays at 2:30pm from 13th September (Seated)
- Mondays at 6pm from 13th September (Type 2)
- Tuesdays at 3pm from 14th September (Ladies)
- Thursdays at 3.30pm from 16th September (Men)
- Thursdays at 5:30pm from 16th September (Type 1)



**DIABETES UK**  
**KNOW DIABETES. FIGHT DIABETES.**