

# Type 2 Diabetes?

CODE

Community

Orientated

Diabetes

Education

*CODE is Diabetes Ireland's free of charge group education programme for people with Type 2 Diabetes or diagnosed prediabetes.*

*CODE aims to deliver general information about diabetes self-management in a local community group setting.*

## Topics covered include:

- Diabetes explained
- Signs and symptoms
- Physical activity
- Personal goal setting
- Importance of optimal diabetes control
- Risk factors
- Healthy eating
- Complications

- 4 X 2 hour sessions
- First 3 sessions over consecutive weeks
- Final review session four months after

Location: Stradbally Co Laois

Tuesday 20<sup>th</sup> November 2018

Register ph 021 4274229. Speak with Marion/Charlotte

Diabetes Ireland: 19 Northwood  
House, Northwood Business Campus,  
Santry, Dublin 9

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**Ireland**