

# Diabetes Self Management Programmes

Open to Dudley Residents, Carers & Patients



## Learn skills and techniques to manage your Type 2 Diabetes

Join our small friendly groups for a FREE 6 week Self care course (2.5 hour weekly sessions)

Starting;

**Wednesday 29th May 2025 (10.30am)**

at

**St James Medical Practice**

**Malthouse Drive, Dudley, DY1 2BY.**

**(Registration required)**



For more information contact:

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**Text: 07976 637404**



**Dudley  
Empowerment  
Partnership**