

Diabetes Self Management Programmes

Open to Dudley Residents, Carers & Patients



Learn skills and techniques to manage your Type 2 Diabetes (Urdu/Hindi & Punjabi)

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

Starting;

Thursday 9th January 2025

at

Brett Young Carers Hub,
Old Hawne Lane, Halesowen

B63 3TB

Halesowen

(Registration required)



For more information contact:

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Text: 07976 637404



Dudley
Empowerment
Partnership