

Programme of Events for Type 2 Patient Conference 2018

10th November 13:30 until 16:00pm

Queen Elizabeth Court, Hampshire County Council,
Winchester, SO23 8UL

Displays

Podiatry
Quit for Life
Weightwatchers
New forest council "Active lifestyles" and more.....

Talks (30 minutes each session)

13:30

Welcome Speech

14:00

Confused about carbs

West Hants Diabetes Dietitian

15:00

Cooking Demo

Natasha Beatty

15:30

Increasing activity in everyday life

Energise Me

Diabetes Essentials

Diabetes Helpdesk

To find out more speak to one of our specialists