

Diabetes Prevention Week

1-7th April 2019

Free
advice on
stop
smoking*



Free learning
about
exercise from
a trained
health coach

Free discussion
on diet and
portion control



and much more...

Your nearest free event:

Tuesday 2nd April 2019

Unit 59/61 (old NEXT), Nicholsons Shopping Centre,

Maidenhead, SL6 1LB

10:00am-4:00pm

In partnership with:

DIABETES UK
KNOW DIABETES. FIGHT DIABETES.

NHS

Berkshire Healthcare
NHS Foundation Trust

HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

www.rbwm.gov.uk



Royal Borough
of Windsor &
Maidenhead



Health &
Wellbeing

NHS

East Berkshire
Clinical Commissioning Group

PublicHealth

Solutions4Health

*Must be aged 16 and over, and registered with a GP surgery in Windsor, Ascot or Maidenhead