

# DESMOND



## Diabetes Education and Self-Management for Ongoing and Newly Diagnosed

Discover support aimed at helping you to understand and manage your Type 2 diabetes.

DESMOND is a program specifically designed to support you, the person with diabetes to become the expert. It is a full day group session held at either the Luton Irish Forum in Hitchin Road, or the Luton Treatment Centre in Vestry Close on selected Wednesdays, Thursdays and Saturdays throughout the year.

As well as getting up-to-date evidence based information, you will learn practical skills which you may find helpful in managing your diabetes, it is also an opportunity to meet and talk to others in the same situation.

**If you have attended in the past, and would like to attend a refresher, or have never attended, or just wish to find out more information, please call 0333 405 3185 or email [CCS-TR.diabetesluton@nhs.net](mailto:CCS-TR.diabetesluton@nhs.net)**