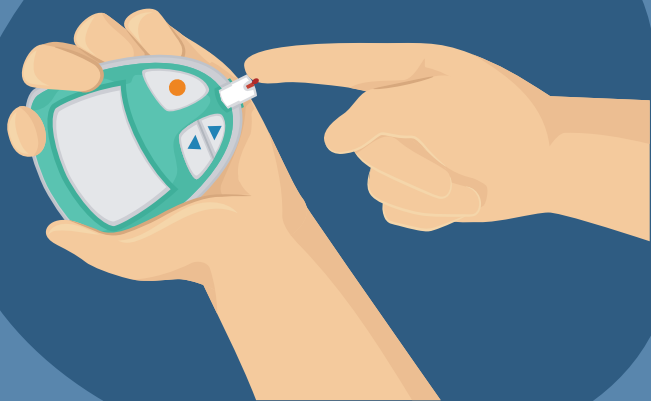


# TYPE 2 DIABETES

How to manage it  
and available support  
in Hackney

TUESDAY, 22 FEB  
4PM-5PM



Key Speakers include:

**Lorna Adamson**, Diabetes UK,

**Vibhuti Mistry**, Lead Diabetes Dietitian,  
Homerton University Hospital

**Dr Shaine Mehta**, GP Clinical Lead  
Diabetes, NEL CCG

**Pippa Quail**, Diabetes Nurse,  
Homerton University Hospital



## Come and find out more about

- 1 Causes and risk factors
- 2 Symptoms
- 3 How to prevent it
- 4 Treatment
- 5 Top tips on how to manage it and support available

We will meet on Zoom but you can participate without a computer, mobile or tablet from your landline.

**healthwatch**  
Hackney

February Information Exchange

For more information or to register

click [HERE](#) or call us free on 080 8164 7664