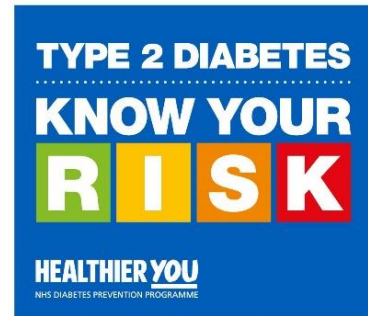


PREVENT

NHS



Save the date!

Diabetes Awareness and Prevention virtual event: 4 March 2021

Have you eaten more during lockdown? Have you drunk more alcohol? Are you worried about your risk of diabetes? If the answer is 'YES' then put 4 March 2021 2-4pm in your diary to attend **Awareness and Prevention of Diabetes**, organised by the CVS Alliance.

Someone is diagnosed with diabetes every two minutes. And yet, around a million people have Type 2 diabetes that is undiagnosed. But Type 2 diabetes is preventable. In more than half of all cases, people can reduce their risk and perhaps prevent diabetes by maintaining a healthy weight, eating sensibly and being more active. Find out more about how to reduce your risk and

[book your place on this virtual event today](#)

DIABETES



Newark &
Sherwood CVS