

# LIVING WITH DIABETES?

**Join us for our free FIVE WEEK COURSE on;**

⇒ **Managing diabetes**

⇒ **Coping with stress & low mood**

⇒ **Managing worries and sleep  
difficulties**

May course: Wednesdays from 8th May—5th June

September course: Wednesdays 11th Sept—9th  
Oct

5:30pm — 6:45pm

@ **Yateley Medical Centre**

For more information and to book your place call or go online

**[www.talkplus.org.uk](http://www.talkplus.org.uk)**

**01252 533 355**