

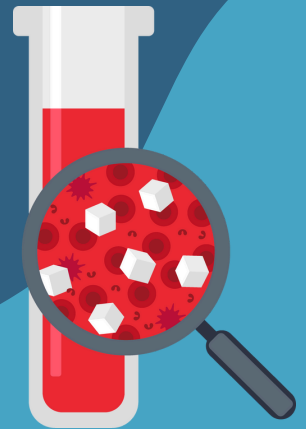
Alcohol Awareness Week: Explore The Link Between Alcohol and Type 2 Diabetes



Join **Living Well Taking Control** for a **free webinar** to learn about the effects of alcohol on your health and explore practical strategies to protect your wellbeing

Find Out About:

- ✓ How alcohol impacts blood glucose levels
- ✓ How this can affect the risk of type 2 diabetes
- ✓ Practical healthy lifestyle tips
- ✓ Balanced nutrition & hydration
- ✓ Moving more
- ✓ Managing stress
- ✓ Sleeping well



Date: 9 July 2025



Time: 12:00–12:40pm



Registration Link:

<https://alcohol-and-diabetes-lwtc.eventbrite.com>

REGISTER
NOW

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HEALTHIER YOU

NHS DIABETES PREVENTION PROGRAMME

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