Have You Type 2 Diabetes?

CODE is Diabetes Ireland’s free of charge group education programme for people with Type 2 Diabetes or diagnosed prediabetes.

CODE aims to deliver general information about diabetes self-management in a local community group setting.

Topics covered include:
- Diabetes explained
- Signs and symptoms
- Physical activity
- Personal goal setting
- Managing your glucose levels
- Risk factors
- Healthy eating
- 4 X 2 hour sessions
- First 3 sessions over consecutive weeks
- Final review session six months after

Held In Towns Nationwide Across The Year

Phone 1850 909 909 / 01 842 8118 to find the next nearest course to you
The aim of CODE is to help patients manage their pre-diabetes or Type 2 diabetes and it will cover topics such as diabetes knowledge and management, nutrition, physical activity and self-monitoring of diabetes. Each session will be approximately 2 hours long and includes a tea break.

Name: 

Address: 

Contact phone number: (Mandatory)

G.P. name: Year of diagnosis:

Time preferred (Circle all appropriate):
- Daytime
- Evening
- Weekend

To book a place on a CODE programme in your area, complete this form and return to the address below.