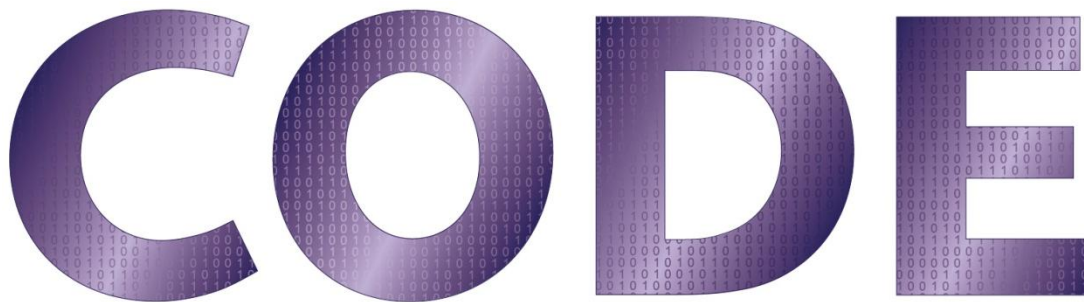


# Have You Type 2 Diabetes?



Community

Orientated

Diabetes

Education

*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

Diabetes Ireland  
Western Regional Office  
1 Wine Street  
Sligo F91 RFK1

[www.diabetes.ie](http://www.diabetes.ie)

[wro@diabetes.ie](mailto:wro@diabetes.ie)

Phone 071 9146001 | CHY6906



# CODE Referral Form

Pre-diabetes and Type 2 Diabetes  
Community Orientated Diabetes Education

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

**CODE**  
Community Orientated Diabetes Education

Diabetes Ireland  
Western Regional Office  
1 Wine Street  
Sligo F91 RFK1

[www.diabetes.ie](http://www.diabetes.ie)  
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**Diabetes**  
  
**Ireland**