



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Do you want to take control of your diabetes?

X-PERT programme

The X-PERT programme is a six-week (2 hours a week) group diabetes education programme run by a qualified Dietitian in your area. You will learn all about the up-to-date treatment and management of diabetes.

The X-PERT programme has been shown to improve people's diabetes control and knowledge, increase the skills needed to look after diabetes and improve health. Allowing you to take control of your diabetes!

What is covered in the course?

- Session 1: What is Diabetes
- Session 2: Weight Management
- Session 3: Carbohydrate Awareness
- Session 4: Reading Food Labels
- Session 5: Possible complication of Diabetes
- Session 6: Are you an X-PERT?

It's free!

**Phone, Health Promotion Service, on 086 0467775,
to find a programme near you.**