Live healthily:

Manage your Type 2 diabetes

Diabetes Self-Management Programme (DSMP)



Manage your Type 2 diabetes

Gain control of your health through the Diabetes SELF-MANAGEMENT Programme

Date
Wednesday 25th November

Time
10-1pm

Location
Jean Stokes Community Centre, N1

There will be:

Two sessions on Wednesday 25th November and Wednesday 2nd December 2026

Call or email to book your place:

Tel: 0207 527 1558
E: Whh-tr.self-management@nhs.net

Whittington Health FREE two session course

Find out more

0207 527 1558
Whh-tr.self-management@nhs.net

Whittington Health NHS Trust

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For a more equal future