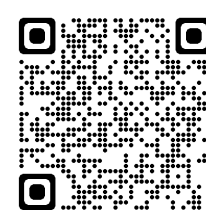


# Are you at risk of developing **Type 2 Diabetes\*** or do you have an existing diagnosis?

The Diabetes Supported Self-Management Service can offer support with things like:

Scan for  
our video:



Being more  
physically  
active



Improving  
eating habits  
and patterns



Managing  
the emotional  
impact of  
diabetes



Contact our team to find out more, or arrange an appointment for 1:1 support:

 [gram.actnow@nhs.scot](mailto:gram.actnow@nhs.scot)  01224 655755

\*Eligibility criteria includes: a diagnosis of pre-diabetes, a diagnosis of Type 2 diabetes within the last six years; or a current or previous diagnosis of gestational diabetes within the last five years.

**NHS**  
Grampian