



## Diabetes Wellness Days

### Guru Ravidass Temple – Birmingham

Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> May 2009

On Saturday 23<sup>rd</sup> and Sunday 24<sup>th</sup> May, the DRWF team will be visiting the Guru Ravidass Temple in Birmingham to hold a two-day Diabetes Wellness Event aimed at raising awareness of diabetes in the Sikh community.

Diabetes healthcare professionals with specialist knowledge of this ethnic groups needs will facilitate the weekend, which will include interactive talks, discussions and presentations covering all aspects of diabetes management. You will also have the chance to participate in some fun activities and gentle exercise sessions.

Whether you have Type 1 or Type 2 diabetes, the weekend will provide you with the opportunity to discuss your diabetes related concerns with our speakers in an informal environment (or one on one) and have all your questions answered in one go. The weekend also provides a wonderful platform for mixing with other people with diabetes and making new friends.



To find out more or for a full information pack, please contact Lee Calladine on 023 92 636133 or by e-mail at

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