

Do you have diabetes?

Why not come along to our friendly patient group?

- Enjoy talks by guest speakers
- Chat over a cup of tea or coffee
- Develop your diabetes awareness

Talks on diet, foot care, weight management, eye screening, the NEEDS service and much more!

Other local groups are forming in Harwich, Jaywick and Walton-on-Naze

Tendring **Diabetes** Patients Group

For further information please contact NEEDS on:

0345 2413313 or 01473 344930

Email: tendringchair@diabetesneeds.org.uk

www.diabetesneeds.org.uk

- Tendring meetings are held on the first Thursday of every month:
- 10.30am - 12.30pm
- **CVS Tendring**
- **20-22 Rosemary Road**
- **Clacton-on-Sea**
- **CO15 1NZ**

