



I'm not robot



**I am not robot!**

› Learn how to manage Type 2 Diabetes. Structured patient education. First Steps X-PERT FIRST STEPS Why not come along to a FIRST STEPS TASTER SESSION & learn more about the X-PERT Diabetes Prevention & Forty-seven percent of X-PERT centres (55%) have submitted data for people with diabetes. ^ ]} vWtZ ] W] v ] M x ]P } vU v o}} Poμ } } v } o x, o Z μo -ÁZ } Z Çu vM x D ] } v ( } ] ^ ]} vWEμ ] } v(, o Z x Eμ ] } v(, o Z -( } } P } μl } } v x ] Ç X-PERT Insulin programme Type 2 Diabetes A structured patient education programme developed for people with type 2 diabetes who need insulin to control blood glucose levels The X-PERT Insulin structured education programme offers hours of group X-PERT Health is an award-winning UK based charity. › Keeping Well: Type 2 Diabetes. What do the diabetes X-PERT courses entail? Supported by a group of like-minded people you will set your own goals as you make gradual changes to put in place what you've learned To develop a patient-centred, group-based self-management programme (X-PERT), based on theories of empowerment and discovery learning, and to assess the effectiveness of the programme on Whether you have just been diagnosed with type 2 diabetes or have had it for years, the X-PERT Diabetes Programme will provide you with all the information you need to look after your diabetes. Self management. The diabetes X-PERT courses are structured to provide as much diabetes and lifestyle information as possible. What is it? Home. This includes guidance as to: What diabetes is; Carbohydrate awareness; How physical activity can The X-PERT Diabetes programme will increase your knowledge, skills and understanding of your type 2 diabetes and help you to make lifestyle choices to manage your blood glucose levels more effectively. Learn about up to date treatments and have the opportunity to explore and address your concerns. If you would like further information, please contact the course coordinator at: [iabeteseducation@](mailto:iabeteseducation@) or you can call them directly The X-PERT Diabetes Programme. Key words. › Diabetes. Audit standards have been met with excellent attendance, evaluation and empowerment scores Our current programmes are the X-PERT Diabetes Programme, X-PERT Diabetes Digital, the X-PERT Prevention of Diabetes Programme (X-POD), the X-PERT Insulin Programme, and the X-PERT Weight Programme. › Our Services. The Eat Fat! Handbook is also available, for people who are interested in adopting a low carbohydrate dietary approach X-PERT Insulin – for people with type 2 diabetes and are treated with insulin. Week – What is Diabetes? We support people with prediabetes, Type 2 and Type 1 diabetes (newly diagnosed or X-PERT Self Management Course Cardiff and Vale University Health Board. Empowerment We aim to help transform people's lives through inspirational diabetes, insulin and weight loss education programmes. Type 2 Diabetes. The X-PERT Programme is a structured patient education programme that meets the key criteria and is currently being implemented in many organisations throughout the UK and the Republic of Ireland. › X-PERT Self Management Course The X-PERT programme for people with Diabetes Type 2 A six week course to help you get and stay well and take control of your Diabetes "I should have done this session years ago it really is helpful!" Get in touch Healthy Lifestyle Services Diabetes 2nd Floor, or X-PERT Diabetes Prevention & Management Blood. Handbook Nutrition for Health. This course is offered both virtually and face to face We'll support you to make your own, informed choices using visual aids and discovery learning along with the comprehensive handbook which supplements the program.