

# DIABETES WEEK EVENT

Friday 14 June, 10am-6pm

*Free, come to the*

**Centre Court Atrium at  
Brent Cross Shopping Centre**



**Find out your risk of type 2 diabetes and how to prevent it**

- **Get a FREE 'Know your risk' score for type 2 diabetes.**
- **Get health and wellbeing advice from a range of professionals including tips and support to help you:**
  - **move more**
  - **eat healthily**
  - **keep a healthy heart**
  - **manage blood pressure**
  - **stop smoking**
  - **drink less**
  - **look after your mental health**

**Get creative with arts & crafts activities for the kids!**

**Scan the QR code or visit  
[yourhealthbarnet.org/diabetes-prevention](http://yourhealthbarnet.org/diabetes-prevention)**



**Caring for people, our places and the planet**

