

YMCA EAST SURREY

Healthy Measures - Diabetes programme

A 6-week virtual course to help manage diabetes through healthy lifestyle choices

This free 6-week virtual programme aims to provide people with the tools needed to improve their wellbeing and physical activity behaviours to help manage diabetes.

Patients will have access to:

- An initial 1:1 video consultation
- Six weekly group education sessions
- The option to attend additional online exercise classes delivered by a Level 4 instructor.

When?

The next course will start Tuesday 25 August

Session will run every Tuesday for 6 weeks at 11:30-13:00. All sessions will take place via Zoom. You must have access to a device with a microphone and camera.

How to refer a patient

Please complete a [YMCA referral form](#), ensuring it is signed and return by email to:

ymcaes.exercisereferral@nhs.net

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