

# GET MOVING

# FOR FREE

## Free classes online for people living with diabetes, to help you get more active

- Try a different gentle activity each week, for example, Boxercise and Yoga
- Tailored sessions to help you get more active
- Diabetes information and support
- A chance to meet other people

### If you are:

- Over 18
- Living with type 1 or type 2 diabetes
- Able to take part in gentle physical activity
- Committed to moving more
- Doing less than 30 minutes of physical activity a week, including walking

### 10 weeks of classes

- Mondays at 2pm from 24th January 2022 (Seated exercises)
- Mondays at 6pm from 24th January 2022 (Mixed)
- Tuesdays at 3.30pm from 25th January 2022 (Type 1)
- Wednesdays at 5.30pm from 26th January 2022 (Men's - in partnership with Luton Town F.C.)
- Thursdays at 11:00am from 27th January 2022 (South Asian Ladies)
- Thursdays at 3.00pm from 27th January 2022 (Type 2)



Places are limited.  
Sign up now so you don't miss out.

**Every movement matters  
and we're here to help  
you every step of the way.**

Please get in touch to register your interest and the group co-ordinator, will give you a call.

#### To find out more:

Call: Diabetes UK Helpline on **0345 123 2399**

Monday to Friday, 9am – 6pm

Email: [helpline@diabetes.org.uk](mailto:helpline@diabetes.org.uk)

### We're on the phone and online

If you can't make our Get Moving classes we are here to support you on the phone and online:

- Talk to us. Get personalised advice to help you get moving by speaking to our trained advisors. Call **0345 123 2399**. Interpreters are available.
- Join our Get Moving classes on Zoom. Call **0345 123 2399** for course dates and times.

**DIABETES UK**  
KNOW DIABETES. FIGHT DIABETES.