

# GET MOVING

# FOR FREE

## Free physical activity classes in Derby for people living with diabetes

- Try a different gentle activity each week
- Group coordinator speaks Urdu & Punjabi
- Small groups – online sessions if needed
- Diabetes information and support
- A chance to meet other people living with diabetes

### If you are:

- Over 18
- Living with 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

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

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

#### 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)



Indian Community Centre, Derby

### 10 weeks of classes

**Start date:** Wednesday, 26 May 2021, Wednesday 2 June 2021

**Classes at:** 9:30-10:30am (Ladies Only) and 11:30am- 12:30pm (Mixed)

**Location:** Indian Community Centre, Rawdon Street, Derby, DE23 6QR

**We also run 10 week courses online, via Zoom, at different times during the week.**



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