

### Interested?

If you are interested in attending the X-PERT programme please fill in the form below and send to the Community Dietitian at the address below or ask your GP or Practice Nurse to refer you to the next programme.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

GP: \_\_\_\_\_

I wish to attend the next X-PERT programme  
\_\_\_\_\_ (signature)

Please return this form to:  
Community Dietitians  
Meath Primary Care Centre  
1-9 Heytesbury Street  
Dublin 8

For further information, telephone the Community Dietitian  
on 01-7085724.

# X-PERT Diabetes Programme



**X-PERT**

**Diabetes Structured  
Patient Education  
Programme**

## X-PERT programme

The local X-PERT programme is a six-week (around 2 hours a week) group diabetes education programme. You will learn all about the up-to-date treatment and management of Type 2 diabetes.

The X-PERT programme has been shown to improve people's diabetes control and knowledge, and increase skills needed to look after diabetes and improve health – allowing you to take control of your diabetes! The programme is run by a Community Dietitian and is free of charge.



## What is covered in the X-PERT programme?

The course runs over 6 sessions each lasting around 2 hours.

- **Session 1:**     **What is Diabetes**
- **Session 2:**     **Weight Management**
- **Session 3:**     **Carbohydrate Awareness**
- **Session 4:**     **Reading Food Labels**
- **Session 5:**     **Possible Complications of Diabetes**
- **Session 6:**     **Are you an X-PERT?**

## Take control of your diabetes

