

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/ Practice Nurse to refer you to the next programme.

Name: _____

Address: _____

Telephone: _____

GP: _____

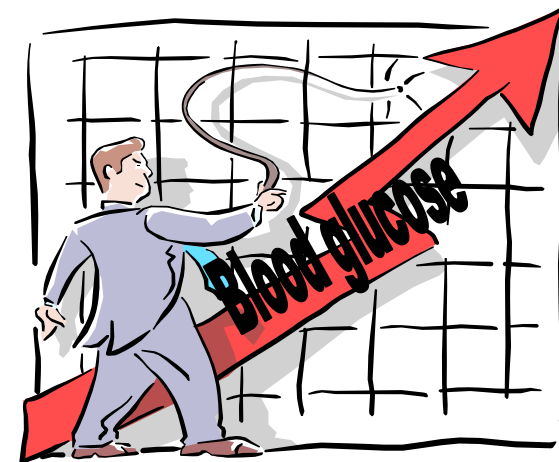
I wish to attend the next X-PERT programme
_____ **(signature)**

Please return this form to:
Sara Rigney, Community Dietitian
South Inner City Partnership
Meath Community Unit
Heytesbury Street
Dublin 8

Fax: 01-4545553

For further information contact the Community Dietitian,
South Inner City Partnership on telephone 01-4545385.

X-PERT Diabetes Programme



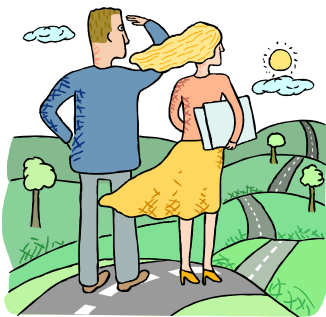
X-PERT

**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

