



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

Alzheimer's Society are working with Diabetes UK to test a 12-week physical activity programme for people living with diabetes. They want to invite people living with dementia and diabetes onto the course to learn more about physical activity, diabetes and meet other people on a weekly basis.

This is a great opportunity to be part of 12 weeks of free online classes starting on Tuesday 25th January 2022 at 10.30am. Each class is 1 hour long and will run at the same time every week for 12 weeks. Each week you will take part in a gentle 30-minute physical activity and a 30-minute discussion around diabetes, health, and wellbeing such as eye care and foot care.

If you know someone who might be interested, then please express your interest to:  
Steven at [steven.mcfadyen@alzheimers.org.uk](mailto:steven.mcfadyen@alzheimers.org.uk)