


**SUPPORTED
SELF-MANAGEMENT**

Whittington Health **NHS**

Living with Type 2 diabetes?

**Get the information
you need and gain
control of your health
in just 7 weeks**

**Diabetes Self-Management
Programme (DSMP)**



**THE COURSE WAS VERY
INFORMATIVE, A SOLID
CONFIDENCE BOOSTER**

**For an informal, confidential conversation
please contact us:**

Tel: 020 7527 1189 (Islington)

Tel: 020 7527 1707 (Haringey)

Email: whh-tr.self-management@nhs.net

For people in Islington and Haringey

