

# MID AND SOUTH ESSEX

Living with diabetes education + engagement event



**DATE:** Tuesday 14th February 2023

**TIME:** 9:30am - 12pm

**WHERE:** Online event - Please register for access to the zoom meeting details

People living with diabetes in Mid and South Essex are invited to join this session with expert information from local healthcare professionals on day-to-day management, diet, footcare and mental health. You will also have the opportunity to feedback on the local diabetes service and ask any burning questions to the healthcare professionals

**Please sign up for free here:**

**<https://midandsouthessex.eventbrite.co.uk>**

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**