

# CLAREMONT BANK SURGERY

NOVEMBER NEWSLETTER 2016

## Diabetes Awareness Programme

Central Baptist Church, Claremont Street, Shrewsbury SY1 1QG

**PHONE TO BOOK: 01743 248244**

### Session One: Thursday, 10th November 5.00 - 7.30 pm

- Medicines Management
- Diabetes Support
- The Benefit of Exercise
- Healthy Eating for Diabetes - Part One



### Session Two: Thursday, 17<sup>th</sup> November 5.00 - 7.30 pm

- Foot Care
- The Importance of attending Eye-screening checks
- The Benefit of Exercise
- Healthy Eating for Diabetes - Part Two



**Facilitated by the Shropshire RCC Wise & Well Team**  
**in partnership with Claremont Bank Medical Practice.**

**CONTINUED...**

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## Diabetes Awareness Programme

In Shropshire alone, there are on average 100 people per month who are newly diagnosed with Diabetes. Many people find information about Diabetes confusing and feel that adapting their lifestyle to meet the needs of their condition is complicated.

If you have diabetes, are at risk of developing Diabetes or you care for someone who has the condition, and you would like to book your free place/s at this event, simply telephone:

**PHONE TO BOOK: 01743 248244**

## CLAREMONT BANK WALKING GROUP

**\*\*Always the first and third Tuesday of the month\*\***

60 minute walk, starting and finishing at Claremont Bank Surgery. Meet at 10:30am.



**100%** of patients said they would be 'likely' or 'extremely likely' to recommend the surgery to friend or family member.