

Control IT Plus

Have you been diagnosed with Type 2 diabetes?

We can help you understand and take control of your condition.



I have a much better grasp of what Type 2 Diabetes is.”



The advice was clear, specific and helpful.”



I found the sessions very informative.”

Live IT Plan IT
Move IT Know IT
Control IT
Toe IT Eat IT
PLUS



0141 531 8901

www.nhsggc.scot/t2diabeteshub