Come along to the

# Diabetes Prevention Event

## at the Centre Court Atrium in Brent Cross Shopping Centre

**Friday 20 June**
**10am – 6pm**

Free and open to all



## Find out your risk of type 2 diabetes and how to prevent it:

- Learn about the signs and symptoms of type 2 diabetes.
- Get a **FREE 'Know Your Risk'** score to find out your level of risk.
- Get health and wellbeing advice from a range of professionals to help reduce your risk of developing type 2 diabetes.

**Look out for a performance by the Edgware Dance Group and get creative with arts & crafts activities for the kids!**

**Scan the QR code or visit yourhealthbarnet.org/diabetes-prevention to learn more.**

**Caring** for **people**, our **places** and the **planet**

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