



# Take hold of your diabetes

Healthy Eating & Active  
Lifestyles for Diabetes - for  
adults of African and  
Caribbean heritage.

HEAL-D is a group-based training and support programme.  
It aims to give you information and support to be  
confident in taking control of your type 2 diabetes.



**The HEAL-D programme  
has shown me how  
to live well with my  
condition and still  
be my authentic  
self, honouring the  
culture and traditions  
of my heritage"**

