

# Stance Diabetic Footcare



## HEALTHY ME, MY HEALTHY FEET



FOOT HEALTH  
EDUCATION

### Forthcoming Virtual Course:

Stance Courses are running Bi-Monthly Please scan the QR Code for dates and Booking forms

#### Topics covered include:

- Helping You look after Your feet
  - Being involved, engaged and participating
  - Diabetes & your body
  - Good blood glucose control
- Risk factors & complications
- Importance of foot care
- Help when you need it



PUTTING  
FEET  
FIRST

Currently all our courses are being delivered virtually, until we can return to community centres. All EPP courses are led by trained tutors, who live with a health condition or care for someone with a health condition. **For more info or to book a place on a course, contact the EPP Team** via email: [epp@gavo.org.uk](mailto:epp@gavo.org.uk) or use the QR Code.



Find us on Facebook to keep up-to-date with new courses etc.

Search: **education programme for patients** or @EPPGWENT on

Twitter

