

## How has it helped other people?

People who have taken part in the X-PERT course have:

- ✔ Improved diabetes control and body weight
- ✔ Reduced risk of long-term complications of diabetes
- ✔ Increased self-management skills
- ✔ Improved lifestyle and quality of life
- ✔ Reduced blood pressure and cholesterol levels



“This is the first time in 10 years of being a diabetic that anybody has told me these things.”



“Don’t feel as frightened as I did... feel more confident in myself... things explained so that anybody can understand.”



“This course was really helpful in helping me understand diabetes as all demonstrations were in layman’s language – programme should have been implemented years ago.”



A FREE COURSE to help you manage your diabetes

Helping balance diabetes

with daily life

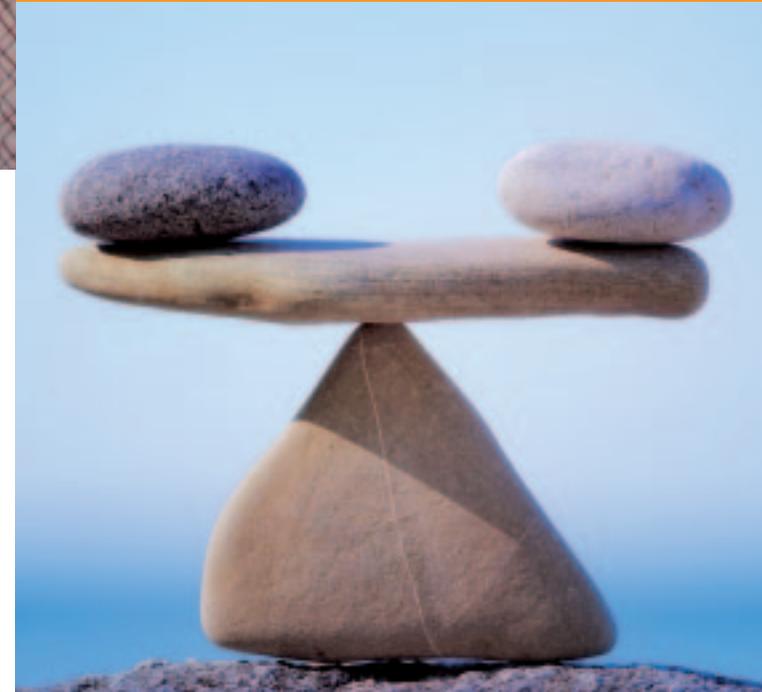
## For details about courses in your area contact:

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For more information on the X-PERT Programme visit [www.xperthealth.org.uk](http://www.xperthealth.org.uk)



[www.expertpatients.co.uk](http://www.expertpatients.co.uk)  
[www.xperthealth.org.uk](http://www.xperthealth.org.uk)

Or visit [www.expertpatients.co.uk](http://www.expertpatients.co.uk)  
[www.xperthealth.org.uk](http://www.xperthealth.org.uk)

Learn to manage the day-to-day issues associated with living with diabetes.



Expert Patients Programme  
Community Interest Company

# Course information

## What is the X-PERT Course?



The X-PERT course is a **FREE** 6 week course aimed at anyone diagnosed with diabetes. The course has been shown to improve long-term control of your diabetes, and give you the tools to feel in control of the condition.

Topics that the course covers include:

- What is diabetes?
- The eatwell plate and energy balance
- Carbohydrate awareness and glycaemic index
- The benefits of physical activity
- Supermarket tour and understanding food labels
- Possible complications of diabetes and their prevention
- Care Planning: the lifestyle experiment
- Are you an X-PERT? game

## Who can take part?

Anyone diagnosed with diabetes. Partners and carers are also welcome to attend and encouraged to join with activities.

## Practicalities

The X-PERT course is run over 6 weekly sessions with each session lasting 2 hours 30 mins in local community venues. It is facilitated by trained educators who work as a specialist in diabetes or have experience of living with diabetes.



## How can it help you?

By taking part in the X-PERT course you will:

- Learn new skills to understand and manage your diabetes
- Develop confidence in eating well with diabetes
- Meet others who share similar experiences
- Be empowered to work with your healthcare professionals to manage your diabetes long-term