Live IT Plan IT Move IT Know IT Control IT Eat IT

NHS Tayside

Type-2 Diabetes Education

Control IT is a 90 minute education session, providing diabetes information and support. Open to all individuals with Type-2 Diabetes.

Control IT is delivered monthly in the following venues:

- **Dundee - Central Library (Wellgate Centre)**
- **Montrose - Montrose Library**
- **Perth - Perth Royal infirmary**

A monthly early evening online session is also available.

To book a place -

Scan the QR code / Book online at:
https://forms.cloud.microsoft/e/AK42mktzPm

Alternatively you can -
Email: tay.diabetesmcn@nhs.scot
Phone: 01382 425698