

# Healthy Valley Campaign

## Type 2 Diabetes

**Saturday 7<sup>th</sup> September 2019**

Throughout the day on Saturday 7<sup>th</sup> of September there will be Healthy Valley events across the town aimed at promoting good health.

### **Stocksbridge Library at 10am**

Dr Adrian Scott, Diabetes consultant at NGH will be giving a talk about awareness, preventative measures and healthy living around Type 2 Diabetes.

### **Fox Valley between 11am-3pm**

There will be a stall with Dr Adrian Scott and volunteers from the hospital with information that'll be running alongside the farmers market & healthy eating.

### **Stocksbridge Community Leisure Centre between 11am-3pm**

Will be doing tests all day to indicate if you may be at risk e.g. weight & measurements



Fox Valley: Fox Valley Way, Sheffield S36 2AB

Stocksbridge Library: 463 Manchester Rd, Stocksbridge S36 1DH

Stocksbridge Leisure Centre: Moorland Drive, Sheffield S36 1EG