

Walk away from Type 2 Diabetes

If you're a man over 40, your risk of developing Type 2 Diabetes increases the older and more overweight you are.

But making lifestyle changes can reduce your risk. NHS Fife offers a range of free health improvement programmes, from which hundreds of people have already benefited.

To follow in their footsteps, find out more and sign up at nhsfife.org/walkaway or call **01383 627026**.

