

Meet your coach delivering the National Diabetes Prevention Programme in your area: George!



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I graduated in 2017 with a BSc Hons in Sport & Exercise Science. Having studied Physiology of Health during my degree, my passion for supporting long term lifestyle behaviour change for improved physical and mental health grew. It is amazing to see what people can achieve from implementing small, sustainable lifestyle changes.

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If you have had a recent blood test and could be at risk of type 2 diabetes, please contact us!

Scan me to find out more!

