



# DIABETES AND MOVING MORE

## A conversation with Neil Gibson & George West

The North of England Diabetes UK team presents a free Zoom webinar for people living with diabetes or those at risk of diabetes, taking a look at the basics of getting more active. Featuring Neil Gibson (Physical Activity Insight Advisor at Diabetes UK) and George West (Diabetes UK speaker).

**Date: Tuesday, September 29 (8pm to 9.15pm).**

**Visit <https://movingmore.eventbrite.co.uk> to register.**

**Email [evie.kinghorn@diabetes.org.uk](mailto:evie.kinghorn@diabetes.org.uk) if you have any queries.**