

# Have you or a family member been diagnosed with Type 2 diabetes in the last 6 years?

Patients need to be:

- ✓ Aged 18-65
- ✓ Above a healthy weight
- ✓ Able to commit to a 12 month programme
- ✓ Willing to attend either in-person or digitally
- ✓ Comfortable with just soups & shakes for the first 12 weeks

If you/they meet these and some other specific criteria the **FREE NHS Type 2 Diabetes Path to Remission Programme** may be suitable.

Some NHS Type 2 Diabetes Path to Remission Programme (formerly the NHS Low Calorie Diet) participants have achieved remission from Type 2 diabetes and reduced or completely come off their diabetes medications. Participants have also lost significant amounts of weight and feel fitter, healthier and happier. **Speak to your GP practice about a referral.**



For more details and patient stories:  
[momentanewcastle.com/t2dr-cm](https://momentanewcastle.com/t2dr-cm)

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