



ΔΗΜΟΚΡΙΤΕΙΟ ΠΑΝΕΠΙΣΤΗΜΙΟ ΘΡΑΚΗΣ DEMOCRITUS UNIVERSITY OF THRACE



Co-funded by the Erasmus+ Programme of the European Union



Exercise for diabetes: Beneficial effect of **NEW** educational and physical activity programs (**BE-NEW**)



**Do you have type 2 diabetes?
You can control your blood sugar naturally**



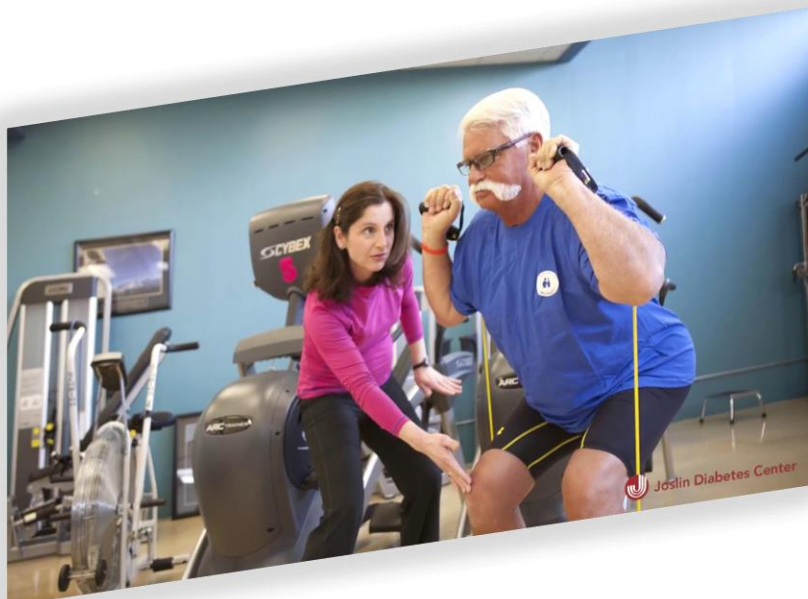
Join us at the Department of Physical Education & Sports Science



- ✓ to improve health
- ✓ for more effective glycemic control
- ✓ for personalized exercise programs

Exercise program start: February 1, 2022

Free participation



Information - Pre-registration:
Laboratory of Physical Education and Sports
Contact telephones
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