

# La maison du diabète

## Who are the ALD and the “Maison du Diabète”?

The Luxembourg Association of Diabetes (ALD) is a non-profit association with the aim of informing and educating persons and their environment affected by diabetes about the disease. The "Maison du Diabète" is an open structure of the ALD created in agreement with the Ministry of Health. The house is open to all persons affected by diabetes. Here the affected persons can receive an individual personal consultation, follow group meetings or participate in adapted physical activities.



## Offer of physical activities

The ALD offers twice weekly physical training sessions for people affected by diabetes or pre-diabetes. Exercises are adapted to the abilities of the participants and lead by qualified trainers. Monitoring of the participants is carried out in collaboration with other health experts of the „Maison du Diabète“.

## Types of exercises offered

The adapted physical training sessions are varied, feasible and structured. They are composed of different types of exercises:

- Cardiovascular exercises for endurance,
- Strength training,
- Stretching and relaxation exercises.

All exercises are adapted to the physical abilities of the participants (adaptation of repetitions, tempo, load, ... ).

## Who can participate?

Everyone affected by diabetes or pre-diabetes can participate, except if there is a contraindication.

## Where and when are the sessions held?



Gymnastics

Monday 10:00 to 11:00 am  
Wednesday 17:00 to 18:00 pm

CESAP  
53, route d'Arlon  
L-1140 Luxembourg

## Information & contacts

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[www.ald.lu](http://www.ald.lu)

## What are the costs?

5€ per session for members (50€ per trimester)  
10€ per session for non-members (100€ per trimester)