



Bristol
Community
Health

NHS

Diabetes drop in

Supporting you to live well with diabetes

First Thursday of every month
9:00am - 12:00pm
Charlotte Keel Health Centre,
Health Visitors Room

Sessions include:

9:00am - 10:00am
Q&A sessions

10:00am - 11:00am
Talk on diabetes

11:00am - 12:00pm
Q&A sessions

Diabetes risk assessment checks
and monitoring will also be available.



A dietitian will also be available to help answer questions you may have, such as:

- What is diabetes? How will it affect me?
- Managing blood glucose (sugar) levels
- Lifestyle changes – exercise/smoking/alcohol
- Looking after your feet and eyes
- Lowering heart disease risk.

Talk topics may be subject to change. Please phone **0117 959 8970** to check. No booking is required.

www.briscomhealth.org.uk