



Bristol
Community
Health



Do you have Type 1 Diabetes?

Our [Diabetes and You](#) course is designed for anyone who would like to meet other people with type 1 diabetes and learn more about how to self-manage their condition.

Diabetes and You is a rolling course of sessions on topics including:

- Carbohydrate awareness
- Insulin
- Managing your diabetes
- Hypoglycaemia
- Driving and diabetes
- Exercise and diabetes.

There will be opportunity to speak to a diabetes specialist nurse and dietitian.



To find out more speak to a member of our team, call **0117 959 8970** or email dans.bristol@nhs.net

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