



Bristol
Community
Health



Do you have Type 2 Diabetes?

Our [Diabetes and You](#) course is designed for anyone who would like to meet other people with type 2 diabetes and learn more about how to self-manage their condition.

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

- Understanding Insulin – for anyone using it as part of their treatment
- Every day with Type 2 diabetes
- Mood and food.

Attendees can attend any combination of sessions, dependent on need.



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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