



Bristol
Community
Health



Do you have Type 2 Diabetes?

Our two-hour [Eat Well](#) course has been designed for small groups of people who have been newly diagnosed with type 2 diabetes.

It provides quick access to a dietitian whilst you're waiting to attend our [Living with Diabetes](#) course.

[Eat Well](#) offers practical, evidence-based advice to support you to make decisions about potential changes to your lifestyle and diet and to help you feel confident in self-managing your diabetes.



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

briscomhealth.org.uk  [@briscomhealth](https://twitter.com/briscomhealth)  [/briscomhealth](https://www.facebook.com/briscomhealth)

Is this hard to read? Please contact briscomhealth.comms@nhs.net
or call **0117 440 9090** to ask for it in another format or language.