



Bristol
Community
Health



Do you have Type 1 Diabetes?

Our **Food Freedom** 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.

Based on a national course, this three-day course will teach you how to adjust insulin dose according to your food intake.

It will take place one day a week for three weeks by a dietitian and a diabetes specialist nurse.



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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