

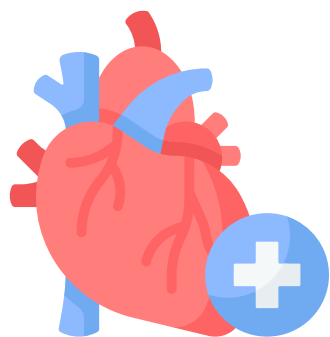
ARE YOU AGED 18-39 AND HAVE TYPE 2 DIABETES?



Lots of young people with diabetes find it hard to understand what diabetes means for them.

- What is important and why?
- What appointments are needed and why

It can be stressful and confusing. This can also make you feel low or anxious.



So, we have put together a friendly and welcoming morning for you to come along to chat to people who understand and can help.



Email Sam to Book in now to guarantee your **FREE FITBIT VERSA 3 on the day**



WHO WILL BE THERE

- DIABETES SPECIALIST NURSES
- DIETICIANS
- PODIATRY (FEET)
- EYE SCREENING



Helping you to understand diabetes
Chatting one on one with professionals

14th June 2024 09:00- 13:00

**Victoria Park Community Centre
Victoria Park drive
Bridgwater
TA6 7AS**

Email: sam.griffiths@somersetft.nhs.uk