

# LIVING WITH TYPE 1 DIABETES

**Saturday 9th November 2019 10:00-15:00**  
JobServe Community Stadium, Colchester, CO4 5UP

**Free lunch included**  
**Fun, interactive information sessions**

**Special guest - Kevin House** was THAT person, living with Type 1, who was drinking too much, eating rubbish, always hypoing and turning up in A&E in a complete state until he made a positive change to his life.....

He is on a mission to spread the word; change is possible.



## Talk to the experts.....

- DAFNE taster/refresher sessions
- Interpreting Freestyle Libre data
- Hospital admissions and sick day rules
- Latest updates in the world of T1 technology
- A chance for relatives/carers to meet other partners/relatives of people with T1

**Local lifestyle and health services will be attending with information stands**

## Book your space today.....

<https://www.eventbrite.co.uk/e/74693760047>



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**#LivingwithT1**

