

The **Herts Diabetes Support Group** (“HDSG”)

has a single purpose – to support people with Diabetes (i.e. Type 1, Type 2, and *people at risk of Diabetes*), to enable them to better understand and manage their condition. We aim to do this through a programme of:

- Monthly webinars given by local experts responsible for our care;
- A regular electronic Newsletter on subjects of interest;
- Providing a safe collaborative environment in which we can support each other.

Although established in South and West Herts, our programme is open to anyone living in Hertfordshire and West Essex with a personal, carer’s, or family interest in Diabetes.



The first webinar will be on Wed. 16th March 2022 from 19:00 to 20:00 (GMT) and tickets are free.

To book, visit <https://www.eventbrite.co.uk/e/what-is-diabetes-tickets-247210301667>

Planned future meetings include:

- What is Diabetes/Types of Diabetes/Signs and symptoms
- Why is good Diabetes control important?
- Complications of Diabetes Type 1
- Complications of Diabetes Type 2
- Diabetes and healthy eating, Carbohydrate Awareness
- Diabetes, obesity and weight management

It is likely that various meetings will be at different times of day. Everyone welcome!