

# Herefordshire Diabetes Support Group

Diabetes Week special event - Saturday 17th June 10-1pm in the main hall at the Kindle Centre, next to Asda in Hereford

Elite athlete, Linsey Ryall from Team Novo Nordisk will be our inspirational guest speaker! Linsey will be talking about how she manages her diabetes whilst still competing as an athlete at an Elite level. We are very pleased to be able to welcome Linsey to Hereford when we are certain she will inspire us all.

There'll be advisors on hand, stalls and information stands loads of leaflets and updates on how the world of diabetes has progressed over recent years.

Suitable for all ages, whether Type 1, Type 2 newly diagnosed or old hands. Please come and join us for what is going to be a really exciting event.

**team  
novo  
nordisk**  
PRO CYCLING

Team Novo Nordisk is a global all-diabetes sports team of cyclists, triathletes and runners, spearheaded by the world's first all-diabetes professional cycling team. The team's mission is to inspire, educate and empower people affected by diabetes. Find out more at [www.teamnovonordisk.com](http://www.teamnovonordisk.com)

**Contact Us** for further information:

Web: <http://hereford.diabetesukgroup.org>

FB: @Hereford.Diabetes.Support.Group

Email: [herefordmick2@gmail.com](mailto:herefordmick2@gmail.com)

Or telephone Mick Jancey on 07719736989

