

DID YOU KNOW...
There are groups
for people with
Type 1 Diabetes (T1D).

DID YOU KNOW...
Drinking alcohol affects
your blood sugar.

DID YOU KNOW...
Anyone can come
with you to
your appointment.

DID YOU KNOW...
You see your doctor
and diabetes educators at
separate appointments.

**For more
information and to
post about moving
from pediatric to
to adult care...**

#GrowingWithT1D

Tool created by
youth with T1D

in a weekend Design Studio

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London Health Sciences Centre

Children's
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T1 Empowerment