

# SWEET SATURDAYS

## TYPE 1 DIABETES SUPPORT GROUP



### YOU ARE NOT ALONE!

But it sure can feel that way. Come join us for bite sized lessons and heaping servings of support from people just like you



### JOIN US

**One Saturday of Every Month**  
Hybrid Zoom & Kapa'a Meetup  
**10.00 AM - 11.00 AM**

For more info and to sign up use QR code  
[www.HawaiiNutritionHui.com/event-list](http://www.HawaiiNutritionHui.com/event-list)  
or call/text Nicole @ 808-645-4484

