



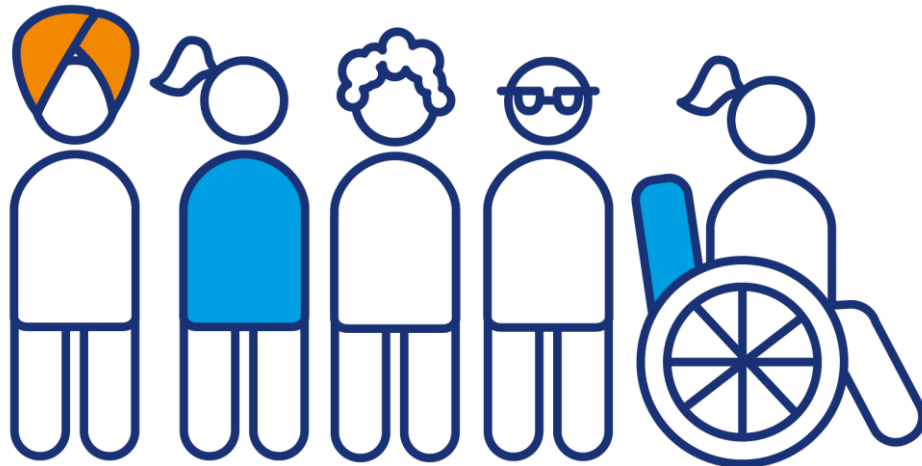
*LISTEN  
ENGAGE  
REPRESENT*

**Welsh Athletics and Run Wales  
National Conference  
Vale Resort, Hensol  
Saturday 19<sup>th</sup> October 2019**

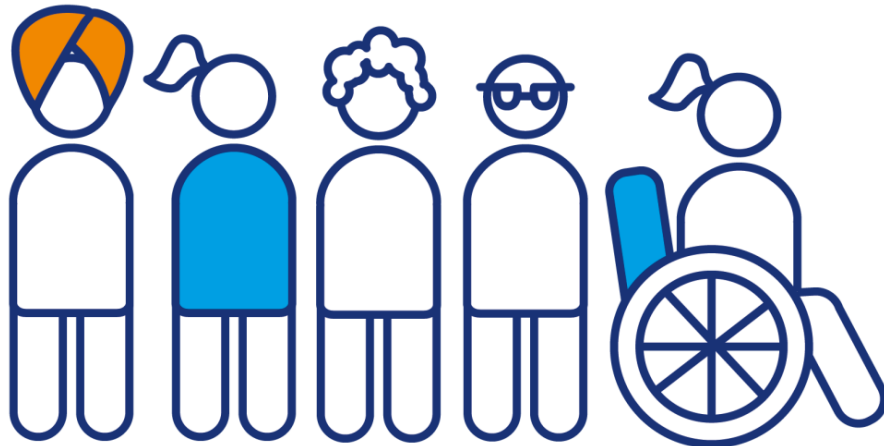
# Getting people running:

## Targeting specific groups and supporting them to run

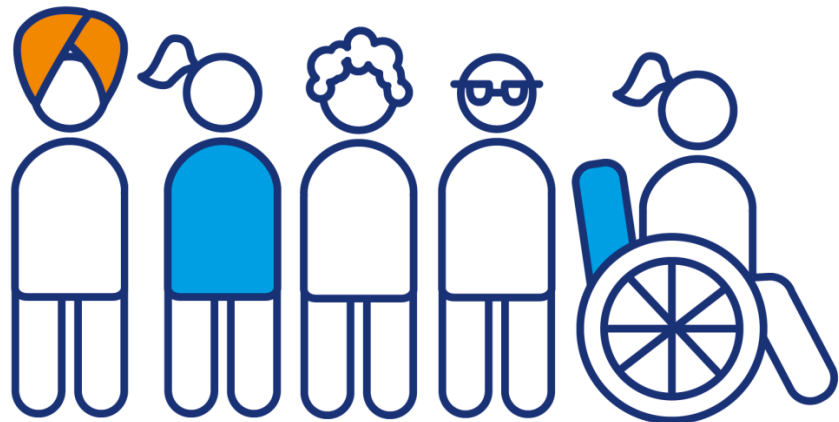
Josh James  
Policy & Public Affairs Manager

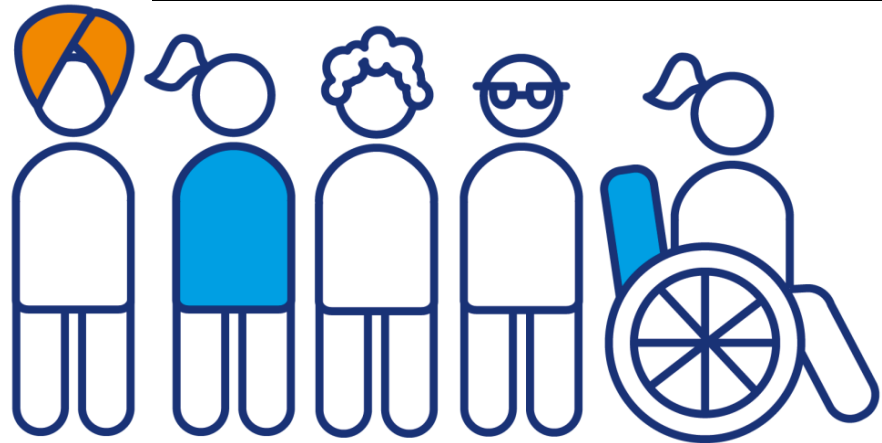


# What is diabetes?

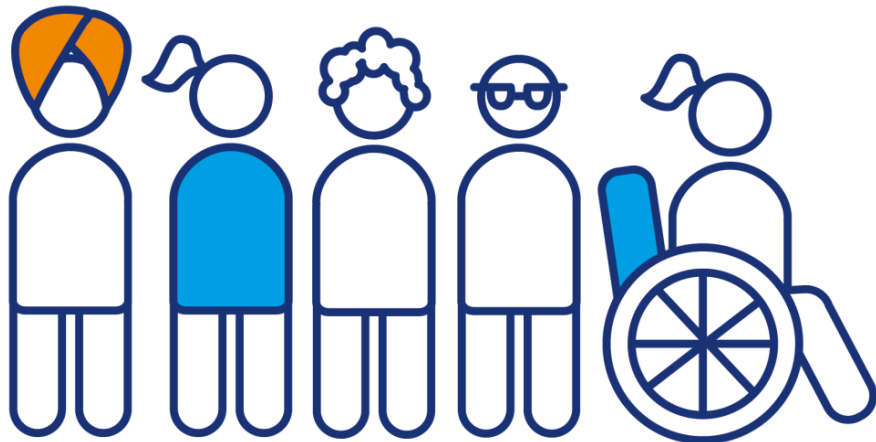


# How can exercise help people with diabetes?

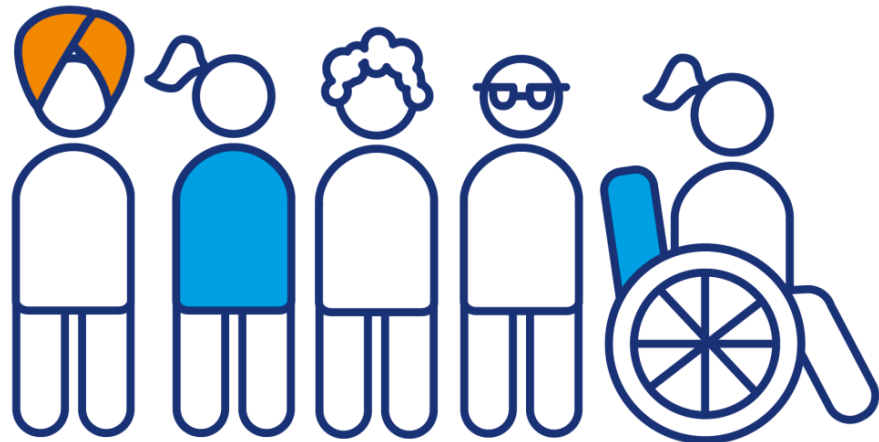




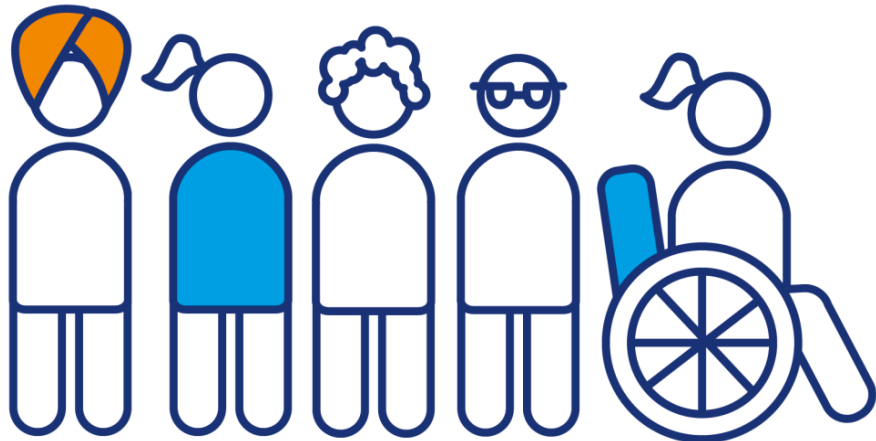
# What are the barriers to getting active?



# How can we better understand the challenges for people living with diabetes?

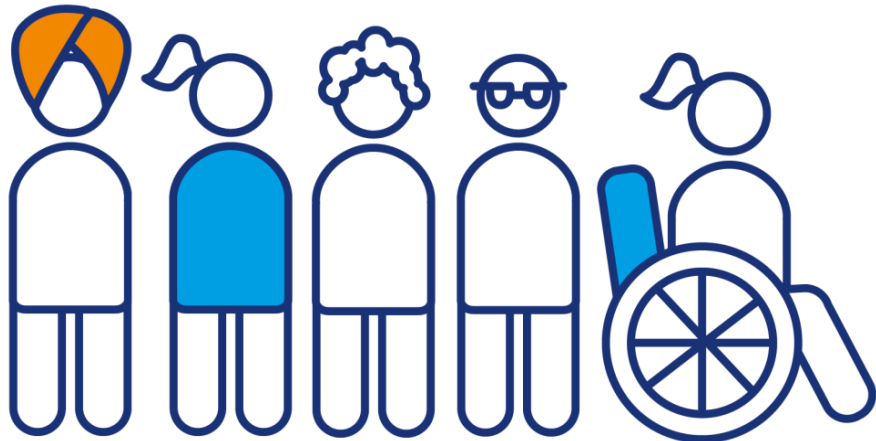


WORLD DIABETES DAY 2017  
RUNNING FOR DIABETES  
AWARENESS MONTH

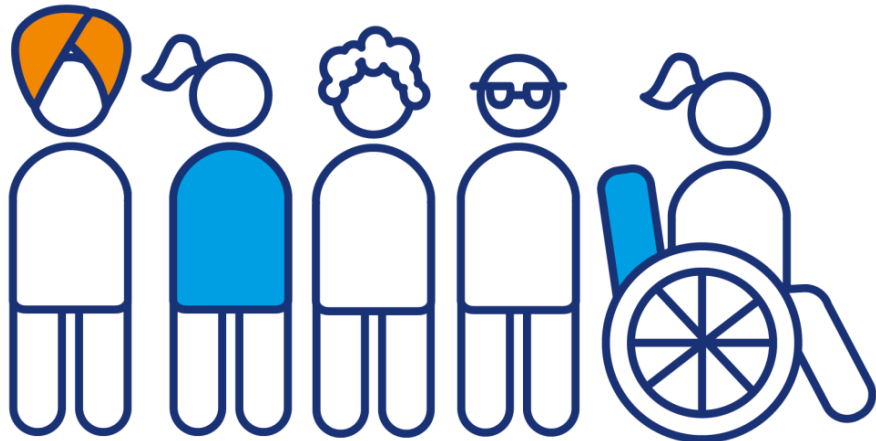




# Overcoming those adversities



# Making it personal



**Thanks for  
listening!**

