

# Metabolic Health News

## The engine for life

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## Our First Metabolic Health Roadshow Event!

### What a fantastic start to the Symphony Metabolic Health Roadshow in Dulverton!

We were delighted to welcome around 50 people to our first Metabolic Health Roadshow event at Dulverton Town Hall.

The evening brought together patients, health professionals and guest speakers to explore metabolic health, with practical advice and information to help people take positive steps towards improving their health and wellbeing.

It was wonderful to see so many people asking questions, sharing experiences and engaging in conversations about their health. We were also pleased to provide a range of resources and offer a number of attendees the opportunity to receive a Lingo Continuous Glucose Monitor (CGM).

The feedback was incredible:

"We will drive 1 hour 45 minutes to come and visit you."  
"Why haven't I heard this before? Where have you been!"  
"Where can we get this support and information?"

These comments show just how valuable community events like this can be, helping to make health information, support and specialist knowledge more accessible.

This was the first stop on our Metabolic Health Roadshow, and we're excited to bring future events to communities across Somerset so watch this space!

A huge thank you to everyone who attended and helped make the evening such a success. Together, we're supporting healthier communities through education, conversation and shared learning.



# Metabolic Health Roadshow Continued...



Wincanton and Exmoor  
Health Centre Team.

## Taking Metabolic Health Into the Community.

One of the key messages from the evening was that metabolic health is about looking at the bigger picture – including blood sugar, blood pressure, energy, sleep, nutrition, movement and overall wellbeing.

We explored how small, realistic changes can make a meaningful difference. We encouraged people to look at the 28-day plan, consider what changes felt achievable for them, and identify small steps they could take towards feeling healthier.

For some, that might be improving energy levels or sleep, for others it could be supporting their blood pressure, improving their nutrition or simply feeling more confident about their health.

Most importantly, the evening was about education, conversation and giving people the confidence to understand their health. The fantastic questions and conversations showed just how much interest there is in learning more about metabolic health within our communities.

Dulverton was just the beginning! We are excited to continue taking the Symphony Metabolic Health Roadshow into communities across Somerset, making trusted health information and support more accessible.

Thank you to everyone who joined us and helped make our first event such a success. We can't wait for the next one!



Our Metabolic Health Resources