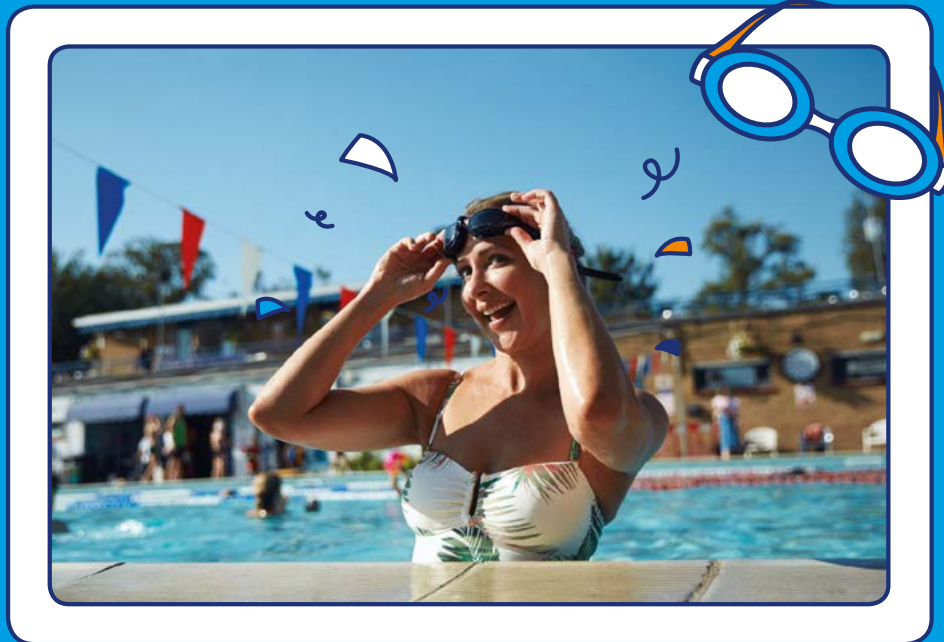


Get your goggles on

and help us create a world where diabetes can do no harm.



For swimming information and events tips go to www.diabetes.org.uk/swim22

Keep track of those lengths

Your record card



swim **22**

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