



BRIDGET MCNULTY

Bridget McNulty is the co-founder of Sweet Life, South Africa's largest online diabetes community. She is also the current chairperson of SA Diabetes Advocacy, and a board member of the Diabetes Alliance.

Bridget spends her days creatively engaging with diabetes, and will soon launch a South African WhatsApp diabetes education chatbot: the Sweet Life Chatbot.

Bridget is an internationally published author – most recently of *The Grief Handbook: A guide through the worst days of your life*, and next year *Daily Glimmers: Finding joy in everyday life*.