



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

BANGOR LIVE WELL HUB

Tuesday 12th March	10-11am
Tuesday 9th April	10-11am
Tuesday 14th May	10-11am
Tuesday 10th September	10-11am

Venue: NDCN Wellbeing Centre
25 -27 Main Street, Bangor, BT20 5AF

For further information contact: nivolunteering@diabetes.org.uk

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Bangor Wellbeing Centre, this is a one-stop-shop which provides information and support to improve the health and wellbeing of those living with diabetes. A different topic is covered at each session, and in the coming months we will hear from a diabetes specialist nurse, a podiatrist, a local community pharmacist, a dietitian and a local GP.

Please note: topics could change depending on speaker availability.

