



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## BANGOR LIVE WELL HUB

Tuesday 17th September	10-11am
Tuesday 15th October	10-11am
Tuesday 19th November	10-11am
Tuesday 17th December	10-11am
Tuesday 21st January	10-11am
Tuesday 18th February	10-11am

### Venue: Hamilton Road Community Hub

39 Hamilton Road, Bangor, Co. Down, BT20 4LF

For further information contact: [communityteamni@diabetes.org.uk](mailto:communityteamni@diabetes.org.uk)

## Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Hamilton Road Community Hub, 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.**

