



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## LISBURN LIVE WELL HUB

<b>Tuesday 16<sup>th</sup> July</b>	<b>10-11am</b>
<b>Tuesday 20<sup>th</sup> August</b>	<b>10-11am</b>
<b>Tuesday 17<sup>th</sup> September</b>	<b>10-11am</b>
<b>Tuesday 19<sup>th</sup> November</b>	<b>10-11am</b>
<b>Tuesday 17<sup>th</sup> December</b>	<b>10-11am</b>
<b>Tuesday 21<sup>st</sup> January</b>	<b>10-11am</b>
<b>Tuesday 18<sup>th</sup> February</b>	<b>10-11am</b>

### **Venue: Resurgam Healthy Living Centre**

Based at Laganview Enterprise Centre  
69 Drumbeg Drive, Lisburn, BT28 1QJ

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

## **Diabetes and Wellbeing Support For All**

We currently have a Diabetes Live Well Hub in Lisburn at Laganview enterprise centre. This is a one-stop-shop which provides information, support and advice to improve the health and wellbeing of those living with diabetes. A different topic is covered at each session, and in the coming months at the Live Well Hub we will hear from a diabetes specialist nurse, a dietitian and other health care professionals.

**Please note: topics could change depending on speaker availability.**

