



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

BELFAST LIVE WELL HUB

Thursday 6 th March 2025	10-11am
Thursday 3 rd April 2025	10-11am
Thursday 1 st May 2025	10-11am
Thursday 5 th June 2025	10-11am
Thursday 3 rd July 2025	10-11am
Thursday 4 th September 2025	10-11am

**Venue: Ardoyne and Shankill Healthy Living Centre,
Houben Centre**

432 Crumlin Road, Belfast, BT14 7TF

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

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Belfast at the Houben 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 podiatrist, a local community pharmacist, a dietitian and a local GP.

Please note: topics could change depending on speaker availability.

