



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## LISBURN LIVE WELL HUB

|  |         |
|--|---------|
| Tuesday 11 <sup>th</sup> March 2025    | 10-11am |
| Tuesday 8 <sup>th</sup> April 2025     | 10-11am |
| Tuesday 13 <sup>th</sup> May 2025      | 10-11am |
| Tuesday 10 <sup>th</sup> June 2025     | 10-11am |
| Tuesday 12 <sup>th</sup> August 2025   | 10-11am |
| Tuesday 9 <sup>th</sup> September 2025 | 10-11am |

### 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.**

