



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## BELFAST LIVE WELL HUB

Thursday 5th September	10-11am
Thursday 3rd October	10-11am
Thursday 7th November	10-11am
Thursday 5th December	10-11am
Thursday 6th February	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](mailto: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.**

