



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## MID ULSTER LIVE WELL HUB

Thursday 16 <sup>th</sup> October 2025	10-11am
Thursday 20 <sup>th</sup> November 2025	10-11am
Thursday 18 <sup>th</sup> December 2025	10-11am
Thursday 15 <sup>th</sup> January 2026	10-11am
Thursday 19 <sup>th</sup> February 2026	10-11am
Thursday 19 <sup>th</sup> March 2026	10-11am

### Venue: Gortalowry House

Gortalowry House, 94 Church Street, Cookstown, BT80 8HX

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 Mid Ulster at Gortalowry House, Cookstown. This is a one-stop-shop which provides information and support to improve the health and wellbeing of those living with or at risk of 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.**



**DiABETES UK**  
KNOW DIABETES. FIGHT DIABETES.  
NORTHERN IRELAND