



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

BALLYMENA LIVE WELL HUB

Wednesday 1st October 2025	10-11am
Wednesday 5th November 2025	10-11am
Wednesday 3rd December 2025	10-11am
Wednesday 7th January 2026	10-11am
Wednesday 4th February 2026	10-11am
Wednesday 4th March 2026	10-11am

Venue: Ballykeel Business Centre
18 Crebilly Road, Ballymena, BT42 4DN

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

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Ballykeel business centre.

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