



DO YOU HAVE DIABETES?
WANT TO KNOW MORE?
Join our free diabetes sessions

BANGOR LIVE WELL HUB

Tuesday 21st October 2025	10-11am
Tuesday 18th November 2025	10-11am
Tuesday 16th December 2025	10-11am
Tuesday 20th January 2026	10-11am
Tuesday 17th February 2026	10-11am

Venue: Hamilton Road Community Hub

39 Hamilton Road, Bangor, Co. Down, BT20 4LF

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

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Hamilton Road Community Hub. 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