



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

BELFAST LIVE WELL HUB

Thursday 2 nd October 2025	10-11am
Thursday 6 th November 2025	10-11am
Thursday 4 th December 2025	10-11am
Thursday 8 th January 2026	10-11am
Thursday 5 th February 2026	10-11am
Thursday 5 th March 2026	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

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 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