



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

LORAG LIVE WELL HUB

Friday 5th December 2025	11-12pm
Friday 23rd January 2026	11-12pm
Friday 27th February 2026	11-12pm
Friday 27th March 2026	11-12pm
Friday 24th April 2026	11-12pm

**Venue: Lorag - Shaftesbury Community
and Recreation Centre**
Balfour Avenue, Belfast
BT7 2EW

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

Diabetes and Wellbeing Support For All

We currently have a Diabetes Live Well Hub in the LORAG - Shaftesbury community and recreation centre. This is a one-stop-shop which provides information, support and advice to help 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 podiatrist, a local community pharmacist, a dietitian and other health care professionals.

Please note: topics could change depending on speaker availability.



DiABETES UK
KNOW DIABETES. FIGHT DIABETES.
NORTHERN IRELAND