



# DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

## BANGOR LIVE WELL HUB

<b>Tuesday 21st April 2026</b>	<b>10-11am</b>
<b>Tuesday 19th May 2026</b>	<b>10-11am</b>
<b>Tuesday 16th June 2026</b>	<b>10-11am</b>
<b>Tuesday 18th August 2026</b>	<b>10-11am</b>
<b>Tuesday 15th September 2026</b>	<b>10-11am</b>

**Venue: Hamilton Road Community Hub**

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

**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 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 diabetes. A different topic is covered at each session, and in the coming months we will hear from a diabetes specialist nurse, a podiatrist, a local community pharmacist, a dietitian and a local GP.

**Please note: topics could change depending on speaker availability.**



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