



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

LORAG LIVE WELL HUB

Friday 23 rd October 2026	11-12pm
Friday 27 th November 2026	11-12pm
Friday 22 nd January 2027	11-12pm
Friday 26 th February 2027	11-12pm
Friday 23 rd April 2027	11-12pm

Venue: Lorag - Shaftesbury Community and Recreation Centre
97 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