



DO YOU HAVE DIABETES? WANT TO KNOW MORE?

Join our free diabetes sessions

MID ULSTER LIVE WELL HUB

Thursday 15 th October 2026	10-11am
Thursday 19 th November 2026	10-11am
Thursday 17 th December 2026	10-11am
Thursday 21 st January 2027	10- 11am
Thursday 18 th February 2027	10-11am
Thursday 18 th March 2027	10-11am

Venue: Gortalowry House

Gortalowry House, 94 Church Street, Cookstown, BT80 8HX

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

Diabetes and Wellbeing Support For All

We currently have a Live Well Hub in Mid Ulster at Gortalowry House, Cookstown. This is a one-stop-shop which provides information, support and advice to improve the health and wellbeing of those living with 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