

DO YOU WANT TO IMPROVE YOUR

HEALTH AND WELLBEING?



Diabetes UK Cymru and the Llanybydder Diabetes UK Group are working together to put on a free Health and Wellbeing event. You will learn how to become healthier and more active.



LANYBYDDER RUGBY CLUB - SA40 9XX



SATURDAY 18TH NOVEMBER



1PM - 4PM

We will provide **FREE** lifestyle support for individuals and their families covering:

- A diabetes health MOT, find out the risks
- Lifestyle support for you and your family
- Diabetes and health resources
- Cooking demonstration delivered by The Shared Plate



Throughout the day you will get the chance to win some amazing prizes, including supermarket vouchers!

For more information please contact us on: wales@diabetes.org.uk

DIABETES UK

DEALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

