

about diabetes management.

**LIVING  
WITH DIABETES?**

*So are we.*



**Join your local Reference & Peer Group support session to meet other people living with diabetes, make new friends, share experiences and learn more about diabetes management.**

**Dates: Thursday 5<sup>th</sup> December in the Dinorben Family Centre  
Abergele**

**Time: 1-30pm to 3-30pm.**

**DO COME AND JOIN US . Light Refreshments available**

**Diabetes Nurse For more information, please  
contact or Yvonne Johns on:**

**Tel: 01745 826 595**



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

**DiABETES UK**

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

# LIVING WITH DIABETES?

*So are we.*



**Join your local Peer group support session to meet other people living with diabetes, make new friends, share experiences and learn more about diabetes management.**

**Dates:**

**Thursday 5<sup>th</sup> December in the Dinorben Family Centre  
Abergele**

**Time: 1-30pm to 3-30pm.**

**DO COME AND JOIN US. Light Refreshments available**

**Diabetes Nurse For more information,  
please contact or Yvonne Johns on:**

**Tel: 01745 826 595**



**GIG  
CYMRU  
NHS  
WALES**

Bwrdd Iechyd Prifysgol  
Betsi Cadwaladr  
University Health Board

**DIABETES UK**  
**DEALL DIABETES. BRWYDRO DIABETES.  
KNOW DIABETES. FIGHT DIABETES.**

**CYMRU**