

**Are you interested in finding out more about Diabetes?  
Would you like to meet other people in a friendly group  
to share ideas and learn more.**



**Then come along to our  
FREE Diabetes sessions.  
Each session will have  
different topic from foot  
care to well-being led by a  
specialist**

**Dates for your diary  
6pm - 7.30pm**

**Thurs 29th June 2023**

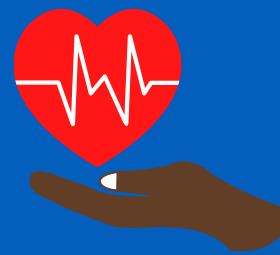
**Thurs 27th July 2023**

**Thurs 28th Sept 2023**

**Thurs 16th Nov 2023**

**Thurs 15th Feb 2024**

**Thurs 21st Mar 2024**



**St Richard's Community Centre,  
Egmont Road, Hove, BN3 7FP**

**On Thursday 29th June 2023  
Dietician Fran from The Food  
Partnership will be talking about  
Healthy Eating**

**There will be time for questions.  
Come and find out more. No  
need to book, just drop in.  
We look forward to seeing you  
there.**

**Free healthy treat at  
each session**



**For more information**

**Contact Carmel O'Dell on 01273 410858 or email  
carmel.odell@hkproject.org.uk**