

VIRTUAL DIABETES PEER SUPPORT GROUP

2021 DATES

14th Jan - Diabetes UK Cymru 2021 Plan
11th Feb - Fitness and Diabetes (Live Session)
11th Mar - Know Diabetes, Fight Diabetes
8th Apr - Foot Health (Stance Training)
13th May - Get Cooking (Cooking Demo)
10th Jun - Diabetes UK Volunteers Week
8th Jul - Fitness and Diabetes (Live Session)
12th Aug - Get Cooking (Cooking Demo)
9th Sept - Local Community Diabetes Team Update
14th Oct - Fitness and Diabetes (Live Session)
11th Nov - Learning Zone
9th Dec - Get Cooking (Cooking Demo)

HOW TO JOIN

The peer support group will be held on Zoom between 2-3pm. If you would like to join please email lucy.snell@diabetes.org.uk



DiABETES UK

SMALL DIABETES. BRWYDRO DIABETES.
KNOW DIABETES. FIGHT DIABETES.

CYMRU

