



MEET, MOVE AND EAT WELL WITH DIABETES

St Michael & St Helen's Church
(Fleminghouse Lane,
Almondbury, HD5 8UD)

Huddersfield Mission
(3-13 Lord Street, Huddersfield, HD 1QA)

Dates:

Tuesday 5th December
Tuesday 2nd January
Tuesday 6th February
Tuesday 5th March
Tuesday 2nd April
Tuesday 7th May
Tuesday 4th June

Dates:

Tuesday 19th December
Tuesday 16th January
Tuesday 20th February
Tuesday 19th March
Tuesday 16th April
Tuesday 21st May
Tuesday 18th June

All sessions are 10am to 12pm

Flex and stretch gentle exercise and healthy food to sample.

**Are you concerned about Type 2 Diabetes. Join us at our
friendly group. All welcome!!**



NHS West Yorkshire
Integrated Care Board



Huddersfield Mission
Serving People. Changing Lives