

London Borough of Newham

# EAST HAM

COMMUNITY NEIGHBOURHOOD

# Prediabetes advice and support

East Ham Community  
Neighbourhood Centre  
328 Barking Road,  
East Ham E6 2RT

Come along to receive free friendly advice from health professionals to reduce your risk of developing diabetes and ensure you continue to lead a healthy lifestyle.

- Monday 11 September
- Monday 9 October
- Monday 13 November
- Monday 11 December
- Monday 8 January
- Monday 12 February

All sessions 11am-12.30pm

Free



FOUNDATION



Newham London



## The advice and support sessions will feature:

- being at risk of diabetes
- healthy living
- being active
- eye and foot care
- experts from Newham Therapies, Stroke Association, NHS services and 150Club.
- being kind to yourself.

To book your place or for more information,  
email [zakir.adam@newham.gov.uk](mailto:zakir.adam@newham.gov.uk)  
or call **020 3373 8323 / 07812 675 213.**

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