



World Diabetes Day

Join us for a transformative live event in honour of World Diabetes Day, as we raise awareness for living with diabetes. Through insightful discussion and personal stories, this event will offer a deeper understanding of diabetes management, prevention, and the importance of a healthy lifestyle while providing you with practical strategies. Whether you're living with diabetes or passionate about promoting wellness, this event is a unique opportunity to come together, learn, and advocate for a brighter, healthier future.

We will be joined by our special guest: Sophie Bertrand, Registered Nutritionist, Author & Host at Forking Wellness; Sinéad Powell, Senior Dietitian & Regional Development Officer at Diabetes Ireland.

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Wednesday 15th November @ 1.15pm