

FREE 12 WEEK PROGRAMME

30th April - 16th July 2019

PREVENTING DIABETES THROUGH DANCE

Photo: Lemon Elephant Media

Residents of Oadby and Wigston can take part in 90 minute weekly sessions tackling the health worries and stigma of living with diabetes

Every Tuesday, 3:15—4:45pm,
@ St. Pauls Church, 17 Hamble Road, Oadby, LE2 4NX

Each session is inclusive of a 1 hour dance class with a Shiamak instructor followed by 30 minutes of informative discussion and advice from diabetes research professionals

To sign up contact Moving Together via email: education@aakashodetra.com
or phone: 07926004915

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SHIAMAK
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Centre for BME Health

Leicester Diabetes Centre

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