

# Talks At Dalmellington Community Health Hub

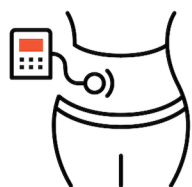


## New Year, New You

Dalmellington Community Health Hub is hosting a talk month at the Community Centre in January to kick start the New Year.

The services providing these interactive talks will be able to provide you with very valuable information.

Why not start the new year by bringing some friends and family to the community centre for these talks. See below for dates and times.



### Health Improvement: Information Sharing

25th January 2023

Healthy eating and physical activity

Time: 1.30pm-2.30pm



### Diabetes MCN

25th January 2023

My Diabetes My Way Demonstration

Time: 3pm-4pm



To see what else is on at Dalmellington every Wednesday visit our web page at:  
<https://www.nhsaaa.net/services-a-z/dalmellington-community-health-hub/> or scan the QR code on the poster.



If you would like more information or have any queries please email: [jonathan.hulme@aapct.scot.nhs.uk](mailto:jonathan.hulme@aapct.scot.nhs.uk)

