



**Golden Opportunity Skills
and Development**
*Empowering people. Strengthening
communities. Changing systems.*

London Catalyst
A healthy and thriving life for Londoners

DIABETES PREVENTION AWARENESS SESSION

**Learn. Make healthier choices.
Take control.**

Join us for an informative session
delivered by **West London NHS Trust**,
to learn more about diabetes, how to
reduce your risk, and simple steps to
live a healthier life.



Understand
your risk of
type 2 diabetes



Learn about
healthy eating
and lifestyle choices



Discover the
benefits of being
more active



Ask questions
and get practical
advice



**Tuesday
6 October 2026**

10:00am – 11:30am



Southall Resource Centre

Featherstone Terrace
Southall
UB2 5AL

*Healthy People
Stronger Communities*

Open to all – everyone is welcome!

Family members and carers are also welcome.



West London NHS Trust
Diabetes Health and Wellness Coaching



0208 571 9529



admin@gosad.org.uk



www.gosad.org.uk



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