

# HARROW & DISTRICT SUPPORT GROUP MEETINGS

**ALL welcome – just turn up on the night!**

4<sup>th</sup> Thursday of each month (not August & December)

8pm - Harrow Baptist Church, College Road, Harrow HA1 1BA

- 23 Feb 2017 Ms Sheena George, Consultant Ophthalmologist, Hillingdon Hospital
- 23 Mar 2017 Annual General Meeting (plus Bring and Buy)
- 27 Apr 2017 Extend: maintaining an independent active lifestyle through exercise
- 25 May 2017 Dr Keith Steer, Consultant Endocrinologist, Northwick Park Hospital

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## **Social Meet Ups for all people with diabetes, family & friends**

Golden Kitchen, Nth Harrow HA2 7SE (12pm, 1<sup>st</sup> Weds each month)

La Dolce Vita, Hatch End HA5 4JN (2pm, 2<sup>nd</sup> Friday each month)

Future dates & info call Serena: 020 8428 1446

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## **Social Meet Ups for adults with Type 1 diabetes**

The Royal Oak, 84 St Anns Road, Harrow HA1 1JP

7pm, 2<sup>nd</sup> Wednesday every other month

8 March, 10 May, 12 July, 13 Sept & 8 Nov 2017

Future dates & info see website or email [harrowtype1@hotmail.com](mailto:harrowtype1@hotmail.com)

## **INFORMATION**

Call Serena: 020 8428 1446 (Group Secretary)

Email Floretta: [f.lewis77@btinternet.com](mailto:f.lewis77@btinternet.com) (Chair)

Further details online about the group & its committee, local events,  
local health policy, research opportunities etc.

[www.harrow.diabetesukgroup.org](http://www.harrow.diabetesukgroup.org)