DIABETES AND HYPERTENSION EVENT

15th April 2026
10am - 2pm

Education, Prevention & Management

Colindale Community Trust, The Old Library in The Concourse, Grahame Park, London, NW9 5XA



Diabetes

Know Your Risk Checks!

- **Height**
- **Weight**
- **BMI**
- **Waist Circumference**
- **BP pressure check**
- **Signpost - to partners & Healthwise**
- **Advice & Guidance: lifestyle**

10:00 - 10:30	Barnet Better Leisure Centres- How Barnet residents an access leisure centre facilities at a reduced cost
10:30 - 11:00	NHS Diabetes Prevention Programme + Blood Glucose Level testing on the day
11:30 - 12:00	Healthy Hearts – blood pressure checks and guidance.
12:30 - 13:00	Zen Project - Mindfullness Sessions
13:00 - 14:00	Body, Heart & Mind - exercises for cardiovascular conditions