



Join us for  
our free  
event

Highmarket House care home,  
Banbury

## Healthy eating and managing diabetes

Wednesday 11th June,  
at 11.30am

Come along to our interactive workshop with Sue Briggs from Diabetes UK and learn how to eat healthily with diabetes with interesting insights, practical tips, and simple food swaps.

A chance to ask questions, sample healthier twists on classic recipes, and share experiences in a relaxed group setting.

Trusted to care.



To book please call  
**01295 297671** or email  
**michaela.jones@careuk.com**

