

## Thanet Diabetes Community Self Care Group Agenda

Date: 7th April 2022

Time: 5.00pm-6.00pm

Venue: Zoom

1. Welcome (Brad)
2. Introduction to newcomers (Brad)
3. Summary of previous meeting notes (John)
4. Real Food Low Carb Lifestyle, Part 1 (Jeremy 20 mins)
5. Group discussion (All)
6. Raising the awareness of the benefits of our Self-Care group (All)
7. A to Z Foods series and The Health Benefits for Diabetics (Brad)
8. Diabetes conference (Brian)
9. Future meetings, topics, our group publicity (Brad)
10. AOB (All)