

## Diabetes Community Group – Thanet

The next meeting of the Diabetes Community group – Thanet will be held on **Thursday 6<sup>th</sup> February at 4.00pm, at** Unit 26, Centre Management Office, Westwood Cross Shopping Centre, 23 Margate Rd, Broadstairs CT10 2BF.

### Agenda

1. Apologies and welcome to any new members
2. Notes from the last meeting
3. Any urgent matters that need to be addressed from the last meeting
4. A few exercises while sitting down to loosen us up
5. Presentation - “Origins of our Dietary Guidelines. Are they the solution or the problem?”

The evolution of our dietary guidelines from the past to the current Eatwell Guide and the consequences over time since they were first introduced in UK in 1983.” Jeremy Martin, volunteer Ambassador from Public Health Collaboration project.

6. Questions and discussion.
7. Communication and Publicity
8. Any other business
9. Next meeting to be held on March 5th.