

WFWP South London, UK: Keeping Healthier and Understanding Diabetes

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On June 18, 2025, over 20 women attended a health talk at the "Peace Embassy" Hall, led by Lynette Richards-Lord. The focus was on maintaining health and understanding diabetes.



Lynette, a qualified midwife with extensive experience and awards from various organizations, began by inquiring about attendees with diabetes. She then emphasized the

significance of a healthier diet and regular check-ups. The session included a Q and A, followed by a 10-minute chair yoga session and a shared potluck lunch. The event aimed to provide practical advice and support for women regarding diabetes management and overall well-being.



Following the yoga session, the group enjoyed a wholesome potluck lunch, allowing everyone to share delicious dishes and connect. This gathering fostered an environment of camaraderie, where attendees shared personal stories and anecdotes, enriching the experience for all.

Conclusion. The meeting was a wonderful blend of learning, movement, and community bonding. The positive feedback and laughter shared during the event underscored the importance of women coming together to support each other's health journeys.