

## WFWP South London, UK: Keeping Healthier and Understanding Diabetes

Dolores Read  
June 18, 2025



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 any 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.

Reported by Dolores Read

WFWP South London Chapter Leader