

You can live well with diabetes

Free diabetes workshops in the Great Southern – October to December 2018

Albany	Tuesday 30 & Wednesday 31 October 2018 (two half days in total)	9.15am – 12.30pm
Albany	Monday 3 December 2018	8.45am – 4.30pm
Katanning	Wednesday 14 November 2018	8.45am – 4.30pm
Mt Barker	Monday 8 October 2018	8.45am – 4.30pm

Make small changes to live a healthier life with your family.

Free type 2 diabetes workshop 'DESMOND'

Whether you are newly diagnosed or have been living with diabetes for some time, the DESMOND workshop will help you manage your diabetes.

- Meet people like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.
- You can bring a friend or family member with you for support.

Bookings are essential. Find out where your nearest workshop is then contact us to secure your spot.

☎ 1300 001 880

✉ bookings@diabeteswa.com.au

🌐 www.diabeteswa.com.au



Call 1300 001 880 or visit diabeteswa.com.au and book in now

