

New workshops available

Living with Insulin



A session on all aspects of using insulin to treat your diabetes; including equipment, hypos and blood glucose levels.

Ready Set Go, Let's Move



This three hour workshop explains how exercise can improve your diabetes with practical advice, and you'll receive a personal fitness plan. **Note:** This is not a fitness program.

Insulin Pump Workshop



This session will give general information to help you understand your pump better, covering bolus types, insulin rates and ratios of your pump.

DESMOND

One day workshop



Whether you are newly diagnosed or have been living with diabetes for some time make sure that you get your dose of DESMOND!

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) is a workshop that puts you in the driver's seat for self-managing your diabetes.

Meet people who are just like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.

Connect with Diabetes

Free information session



Are you not ready yet to attend a workshop but want to learn more about diabetes? This two-and-a-half hour information session is for people with type 2 diabetes, carers and those at risk of diabetes.

The SMART Series

Two to three hour workshops

CarbSmart



Confused about carbs? Learn about the different types and amounts that are best for you.

FootSmart



Your feet are made for walking - so let's keep them healthy! This workshop will teach you all you need to know about checking and caring for your feet.

MedSmart



This workshop helps you understand what your medications are, what they do and how to address any concerns you have about taking your medications.

MeterSmart



Practical skills workshop that will show you how to monitor and act on your blood glucose readings.

ShopSmart



A supermarket tour that will help you understand food labels and what foods are right for you.

ShopSmart in a classroom



An alternative to ShopSmart, suited for those who would prefer to learn healthy shopping skills in a classroom setting.

Diabetes Self-Management Workshops

November 2018 to January 2019



Just been diagnosed?

About to start a new medication?

Need to get on track?

Then come along to a **free diabetes workshop.**

As part of your NDSS registration you are entitled to attend Diabetes WA's workshops for free.

ndss
national diabetes services scheme









































The National Diabetes Services Scheme is an initiative of the Australian Government administered with the assistance of Diabetes Australia. For more NDSS information 1300 136 588 or ndss.com.au







diabeteswa
1300 001 880






November 2018

December 2018

January 2019

Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat	Mon	Tues	Wed	Thurs	Fri	Sat
			1  Willetton	2  Midland	3  Armadale	31					1  Belmont		1 	2	3	4	5
5	6	7  Mirrabooka	8  Beechboro	9	10	3  Ellenbrook	4	5  Armadale	6	7	8	7	8	9	10  Armadale	11  Bassendean	12
12  Ellenbrook	13	14  Helena Valley	15	16	17  Melville  Kwinana	10	11  Rockingham	12	13	14  Helena Valley	15  Mandurah  Subiaco	14  Cockburn	15  Wellard	16	17  (Classroom) Melville	18	19  Wanneroo
19  Riverton	20  Mirrabooka  Rockingham	21  Belmont  Armadale	22	23  (Classroom) Mirrabooka	24	17  (Classroom) Belmont	18	19	20	21	22	21	22  Middle Swan	23  Boya	24	25	26
26  Cockburn	27	28	29  Joondalup  Ellenbrook	30  Armadale		24	25	26	27	28	29	28	29  Southern River  Bassendean	30  Brookdale	31  West Leederville  Cockburn		

 **DESMOND**
 **CarbSmart**
 **ShopSmart**
 **Connect**
 **Living with Insulin**

 **MedSmart**
 **FootSmart**
 **MeterSmart**
 **Ready Set Go, Let's Move**
 **Insulin Pump**

To book into any of these workshops call us on **1300 001 880**, email bookings@diabeteswa.com.au or visit www.diabeteswa.com.au