

You can live well with diabetes

Free diabetes workshops in the Great Southern – January to March 2019

| | | |
|--------------------|---------------------------------------------------------------|------------------|
| Albany | Tuesday, 5 and Wednesday, 6 February (two half days in total) | 8.45am – 12.30pm |
| Gnowangerup | Thursday, 28 February | 8.45am – 4.30pm |
| Albany | Friday, 8 March | 8.45am – 4.30pm |
| Katanning | Wednesday, 20 March | 8.30am – 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. Contact us to secure your spot.

☎ 1300 001 880

✉ bookings@diabeteswa.com.au

🌐 diabeteswa.com.au



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




diabeteswa®
If you've got it, we get it.