

You can live well with diabetes

Free diabetes workshops in the Midwest – January to March 2019

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

DESMOND (type 2 diabetes)

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.

MedSmart (type 2 diabetes)

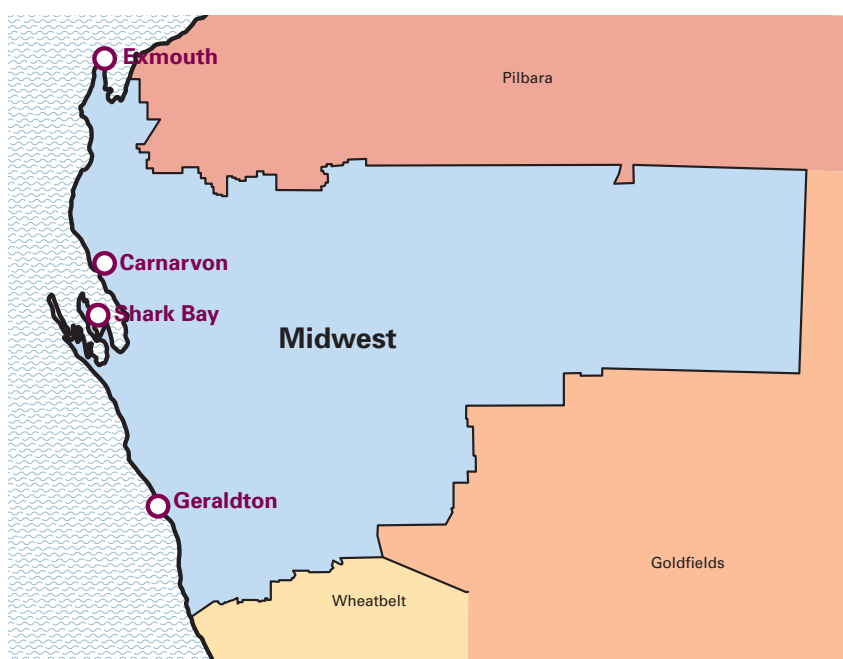
This workshop helps you understand what your medications are, what they do and how to address any concerns you have about taking your medications.

CarbSmart (type 2 or gestational diabetes)

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

Bookings are essential.
Contact us to secure your spot.

DESMOND		
Shark Bay	Thursday, 24 January	8.45am – 4.30pm
Geraldton	Friday, 15 February	8.45am – 4.30pm
Carnarvon	Tuesday, 19 February	8.45am – 4.30pm
Geraldton	Friday, 15 March	8.45am – 4.30pm
Exmouth	Wednesday, 20 March	8.45am – 4.30pm
MedSmart		
Geraldton	Tuesday, 26 February	9.45am – 12pm
CarbSmart		
Geraldton	Tuesday, 26 February	12.45pm – 3pm



Make small changes to live a healthier life with your loved ones

- ☎ 1300 001 880
- ✉ bookings@diabeteswa.com.au
- 🌐 diabeteswa.com.au




If you've got it, we get it.