

# You can live well with diabetes

## Free diabetes education sessions in the Pilbara – January to March 2019

**South Hedland**

Wednesday, 6 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.

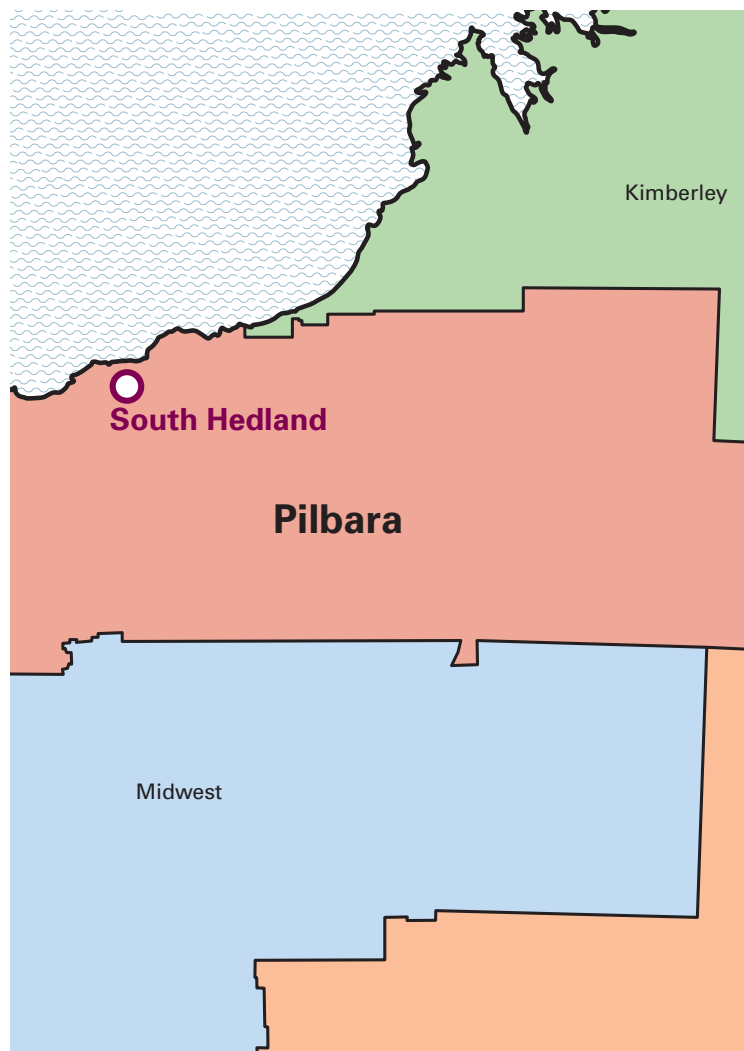
- Meet people like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.
- You can bring a friend or family member with you for support.

**Bookings are essential. Contact us to secure your spot.**

☎ 1300 001 880

✉ [bookings@diabeteswa.com.au](mailto:bookings@diabeteswa.com.au)

🌐 [diabeteswa.com.au](http://diabeteswa.com.au)



**Call 1300 001 880 or visit [diabeteswa.com.au](http://diabeteswa.com.au) and book in now**