

You can live well with diabetes

Free diabetes workshops in the Wheatbelt – 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.

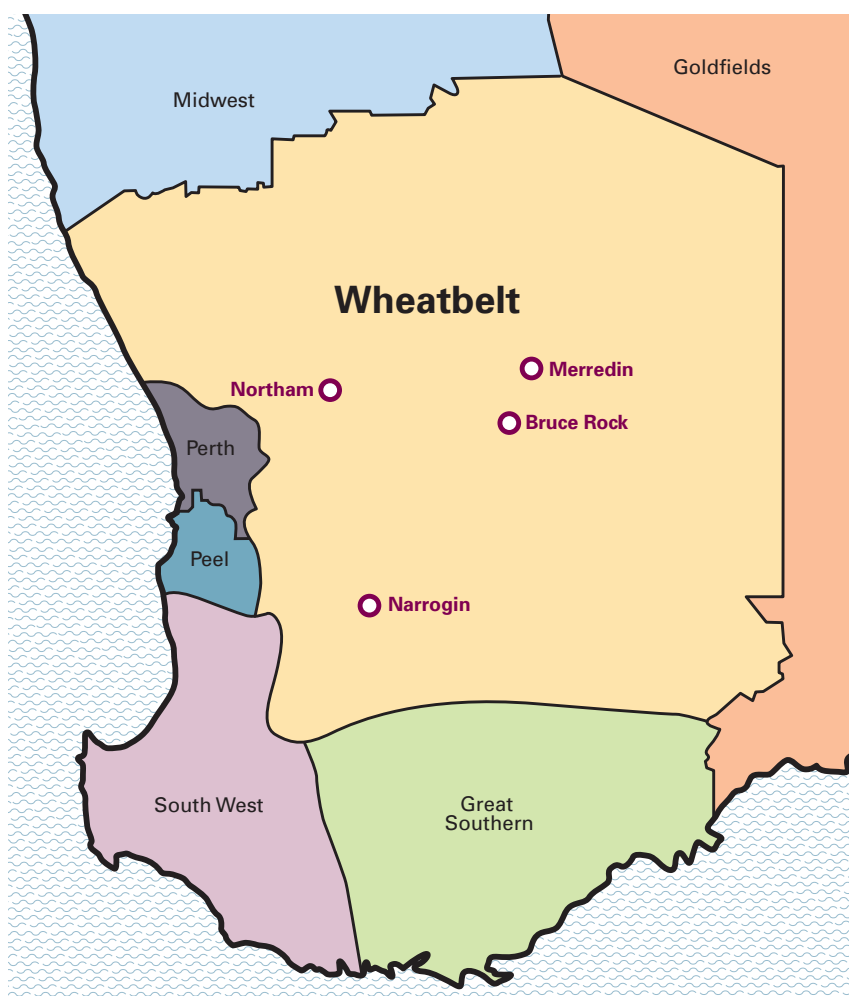
FootSmart (type 1 or type 2 diabetes)

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.

Bookings are essential.
Contact us to secure your spot.

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

DESMOND		
Narrogin	Wednesday, 13 February	8.45am – 4.30pm
Northam	Friday, 15 February	8.45am – 4.30pm
Merredin	Wednesday, 6 March	8.45am – 4.30pm
FootSmart		
Bruce Rock	Thursday, 14 March	1.00pm – 3.00pm



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




If you've got it, we get it.