



Living with Diabetes Program

Diabetes WA's **Living with Diabetes** program is a highly interactive program consisting of 6 sessions full of practical information and advice to help you improve your knowledge of managing type 2 diabetes. Learn how to:

- Self monitor your blood glucose levels
- Establish and maintain a regular pattern of physical activity and stress management
- To discover what healthy eating is and how easy it is to adapt what you enjoy to be healthy
- Make better choices for your diabetes when you go shopping for food
- Confidently self-manage type 2 diabetes through lifestyle modifications and medication
- Prevent or reduce the severity of short and long term complications

Don't miss out on the next program in Belmont and Spearwood!

Belmont – Diabetes WA 172 Campbell Street, Belmont

24 July 2010

Saturday

9.30am – 12.30pm

Spearwood – Cockburn Seniors Centre 9 Coleville Crescent, Spearwood

22 July 2010

Thursday

6.00pm – 9.00pm

*** Courses run weekly from this date on the same day / time for six weeks.**

Booking is essential. Call Diabetes WA on 9325 7699.

Program Costs:

- Free to NDSS registrants and Diabetes WA members
- \$50 per participant / course
- \$35.00 for concession (seniors, pensioners, DVA card holders, students)

NB – Participants cannot pay for individual sessions. Full program payment is required up front.

To secure your place in one of the above programs please call Diabetes WA on
1300 136 588.

Australian Better Health Initiative: A joint Australian, State and Territory government initiative.