



## Living with Diabetes Program Schedule

The Living with Diabetes program has been designed to equip you with the necessary skills to manage and live well with your type 2 diabetes. It is comprised of six interactive sessions full of practical information and advice.

<b>Clarkson – Clarkson Library 27 Ocean Keys Blvd, Clarkson</b>		
17 April 2010	Saturday	9.30am – 12.30pm
<b>Spearwood – Jess Thomas Health Care Centre 29 March Street, Spearwood</b>		
21 April 2010	Wednesday	6.00pm – 9.00pm
<b>Subiaco – Diabetes WA Level 3, 322 Hay Street, Subiaco</b>		
1 May 2010	Saturday	9.30am – 12.30pm
<b>Mirrabeeka – Herb Graham Recreation Centre 27 Chesterfield Road, Mirrabeeka</b>		
1 May 2010	Saturday	9.30am – 12.30pm

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

### 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.