



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.

Spearwood – Jess Thomas Health Care Centre 29 March Street, Spearwood FULLY BOOKED		
3 February 2010	Wednesday	6.00pm – 9.00pm
Subiaco – Diabetes WA Level 3, 322 Hay Street, Subiaco		
6 February 2010	Saturday	9.30am – 12.30pm
Mirrabooka – Herb Graham Recreation Centre 27 Chesterfield Road, Mirrabooka		
6 February 2010	Saturday	9.30am – 12.30pm
Clarkson – Clarkson Library 27 Ocean Keys Blvd, Clarkson		
6 February 2010	Saturday	9.30am – 12.30pm
Spearwood – Cockburn Seniors Centre 9 Coleville Crescent, Spearwood		
11 February 2010	Thursday	6.00pm – 9.00pm

* 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.