

Speak Out About Diabetes

Type 2 diabetes is a chronic disease for which there is no cure. However, you can reduce your risk by up to 60% through healthy lifestyle choices.



1300 136 588
www.diabeteswa.com.au





diabeteswa®

Freedom from Diabetes



By maintaining a healthy weight, being physically active and making healthy food choices, you can reduce your risk of developing type 2 diabetes.

Diabetes WA offer **FREE** interactive group presentations to increase community awareness about how to prevent this chronic disease.

Presentations are delivered by trained volunteers who are available to come to workplaces, community groups and centres, anywhere in Perth and regionally when possible.

Presentations of up to an hour cover topics such as:

- what is diabetes and why is it serious?;
- the risk factors associated with type 2 diabetes;
- how to prevent type 2 diabetes; and
- where to go for further information.

Bookings are subject to availability and require reasonable notice.

Please note: Speak Out presentations talk about the prevention of diabetes. If your group requires diabetes management information, please contact Diabetes WA to discuss our other programs and services.

To book a presentation or to find out more, visit our website www.diabeteswa.com.au or call us on **1300 136 588**.

