

You can live well with diabetes

Free diabetes education sessions in the Pilbara – April to June 2018

Free type 2 diabetes 'DESMOND' workshop

Whether you are newly diagnosed or have been living with diabetes for some time make sure that you get your dose of DESMOND!

DESMOND (Diabetes Education and Self-Management for Ongoing and Newly Diagnosed) is a workshop that puts you in the driver's seat for self-managing your diabetes.

Meet people who are just like you and learn everything you need to know about type 2 diabetes, including information on food choices and medications.

You can also bring a partner, friend or family member with you for support – free of charge.

Walking Away from Diabetes

Walking Away from Diabetes is a free interactive group education program for people who are at risk of developing type 2 diabetes.

Walking Away gives you the chance to:

- discuss your thoughts and feelings around your level of risk
- develop a better understanding of type 2 diabetes and blood glucose
- understand how your current level of risk is affecting your long-term health
- learn what factors contribute to your level of risk
- learn how physical activity and healthy eating can lower your risk

Bookings are essential. Find out where your nearest workshop is then contact us to secure your spot.

Tom Price – DESMOND

Thursday 12 April 2018	8.30am – 4.30pm
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Thursday 21 June 2018	8.30am – 4.30pm
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South Hedland – DESMOND

Thursday 5 April 2018	8.30am – 4.30pm
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Wednesday 16 May 2018	8.30am – 4.30pm
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Tuesday 26 June 2018	8.30am – 4.30pm
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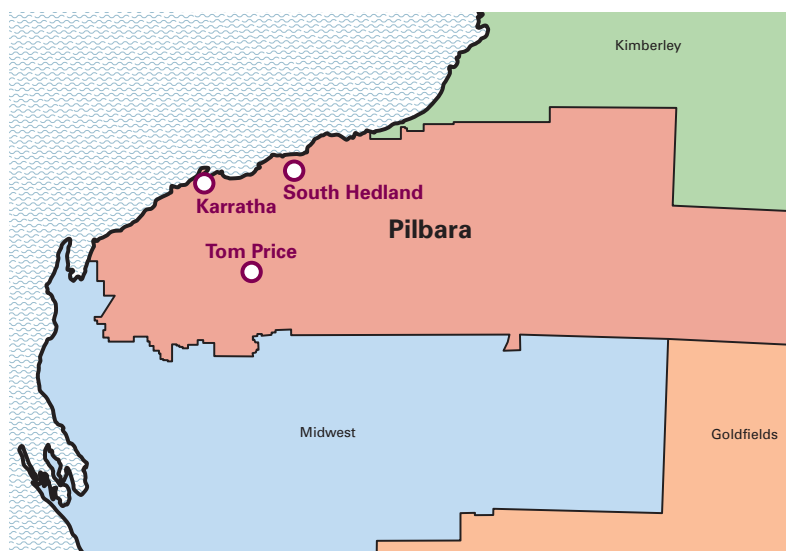
South Hedland – Walking Away

Tuesday 24 April 2018	8.30am – 12pm
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Thursday 7 June 2018	8.30am – 12pm
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Karratha – DESMOND

Wednesday 6 June 2018	8.30am – 4.00pm
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Make small changes to live a healthier life with your loved ones

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